

For those who have tried every diet around without success, a new approach is available.

“In Tune with Food and Fitness,” a class offered by University of Nebraska-Lincoln Extension, is designed to help participants get back in touch with skills they need for healthy living. Registration is under way now and the class begins in February. Nebraskans can participate in the weekly sessions from their home computers or, in some areas, at their local Extension office.

“This class is not a diet class, nor is it an exercise class,” said extension educator Becky Versch, one of the coordinators. “It’s about slowing down and getting back in touch with the cues our bodies send to help us monitor both our eating and our exercise.”

“In Tune with Food and Fitness” will consist of weekly webinars each Thursday from noon-1 p.m. CST for six weeks (Feb. 3 through March 10, 2011). Archived sessions will be available for those who want to watch it later at their convenience.

In either case, a web browser, such as Internet Explorer or Mozilla Firefox, is the only software needed. The online sessions use the UNL Blackboard system, where participants can have interactive discussions with other class members and extension personnel.

There is a fee. Registration runs through Jan. 25, after which the registration fee increases. On-line registration is available at [go.unl.edu/intune](http://go.unl.edu/intune). Registration forms also can be downloaded from <http://food.unl.edu/web/fnh/in-tune>.

Versch said the class will examine eating styles and how eating styles affect eating habits. Participants will explore ways to cope with emotions without using food. And they’ll learn to “honor hunger” by monitoring portion sizes and recognizing when they’re hungry and full.

The series also will address the importance of physical activity.

For those who want to participate as part of a group, the following educators are organizing groups, or are willing to do so if there is enough interest:

Pierce County: Ann Fenton, extension educator; email: [afenton1@unl.edu](mailto:afenton1@unl.edu); phone: (402) 329-4821.

Imperial area: Nancy Frecks, extension educator; tentative location and time: Thursdays at noon in Imperial; e-mail: [nfrecks1@unl.edu](mailto:nfrecks1@unl.edu); phone: (308) 334-5666.

Chadron area: Jamie Goffena, extension educator in Dawes and Sioux counties (Monday-Wednesday-Friday at Chadron, Tuesday-Thursday at Harrison); e-mail: [jgoffena2@unl.edu](mailto:jgoffena2@unl.edu); phone: (308) 432-3373 at Chadron; (308) 668-2428 at Harrison.

West Point Area: Debra Schroeder, extension educator; Location: Courthouse meeting room in West Point; e-mail: [dschroeder1@unl.edu](mailto:dschroeder1@unl.edu); phone: (402) 372-6006.

North Central Nebraska: Patricia Jones, extension educator; Tentative locations: Brown County Courthouse, Rock, Keya Paha or Cherry County; e-mail: [pjones4@unl.edu](mailto:pjones4@unl.edu); Phone: (402) 387-2213.

Alliance area: Jeanne Murray, extension educator; location and time: Wednesday from 5:30-7 p.m. Monday and Tuesday, Feb. 9-March 16, at UNL Box Butte County Extension Office, Alliance; e-mail: [jmurray1@unl.edu](mailto:jmurray1@unl.edu); phone: (308) 762-5616.

Minden area: Sharry Nielsen, extension educator located in Kearney/Franklin counties; e-mail: [snielsen1@unl.edu](mailto:snielsen1@unl.edu); (308) 832-0645