

Step Ahead this summer – and beyond!

Step Ahead is winding down, but you should stay active! These are just a few of the many great resources in our region for physical activity:

Take a hike or a nature walk or a walking tour:
Sudbury Valley Trustees-- trails on 19 properties and weekly email newsletter Outdoors This Week, listing events of more than 30 organizations in our region.
www.sudburyvalleytrustees.org
State facilities – more than 85 have hiking or walking trails. <http://www.mass.gov/dcr/recreate/hiking.htm>
National parks in Massachusetts --
<http://www.nps.gov/state/ma/index.htm>
Trustees of Reservations -- facilities throughout Massachusetts www.thetrustees.org
Massachusetts Audubon Society – facilities statewide www.massaudubon.org
Be in the swim:
State facilities (ocean, freshwater and pool)
<http://www.mass.gov/dcr/recreate/swimming.htm>
Swim lessons at college and public pools, Ys,etc.
<http://www.bostonredcross.org/general.asp?SN=201&OP=4291&SUOP=4292&SUOP2=5136&SUOP3=5144&IDCapitulo=29rrv668x1>

Peddle yourself around town:

Rails to Trails Conservancy -- information about bike trails across the US www.traillink.com
MA Bicycle Coalition – promote safe biking in MA, lists trails statewide and other information for cyclists www.massbike.org
State facilities – paths, trails, mountain biking trails, universal access trails
<http://www.mass.gov/dcr/recreate/biking.htm>
Charles River Wheelman--Boston-area recreational rides open to the general public. www.crw.org
Row, row, row (or paddle paddle paddle):
State facilities with boating, some with rentals --
<http://www.mass.gov/dcr/recreate/canoe.htm>
Paddle Net: resources for boating, user reports for many MA sites (some are several years old)
<http://www.paddling.net/places/MA/>
trails.com: flatwater paddling recommendations
<http://www.trails.com/toptrails.aspx?area=10684>
MA Fishing and Boating Office 250 access points to MA ponds, rivers and seacoast, most free and open to the public:
http://www.mass.gov/dfwele/pab/pab_facilities.htm

Recipe of the Week: Grilled fruit with balsamic vinegar syrup

serves 6-8

1 pineapple, peeled, cored and cut into wedges or 1" rings

2 to 3 large mangoes, cored and cut in half

2 to 3 large peaches, cored and cut in half
butter-flavored cooking spray

1 ½ Tablespoons brown sugar

½ cup balsamic vinegar

mint or basil leaves for garnish

1. In a large bowl, toss fruit. Spray with cooking spray, toss and spray again to coat well. Sprinkle with brown sugar. Toss to coat evenly. Set aside.

2. In a small saucepan, heat vinegar over low heat.

Simmer till liquid is reduced in half, stirring occasionally. Remove from heat.

3. Prepare a hot fire in a charcoal grill, or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray.

4. Place fruit on racks or pan. Grill or broil over medium heat till sugar caramelizes, 3 to 5 minutes.

5. Remove fruit from grill. Drizzle with balsamic syrup and garnish with mint or basil. Serve immediately.

Nutrition facts:

Calories: 120	Total fat: 0g	Saturated fat: 0g
Fiber: 3g	Protein: 1g	Carbohydrates: 28g

Tip of the Week: Need a snack before or after your workout? Before a workout, consuming complex carbohydrates such as fruit or whole-grain cereal will provide your body with energy for exercise. Afterward, eat high-quality protein, such as low-fat yogurt or whole-grain cereal, particularly if you performed resistance exercises. A weight workout will stimulate the growth of muscle cells, which depend on protein. And, as always, consume plenty of fluids before, during, and after exercising.

--- www.cookinglight.com