

Events this Week

WORKSHOPS

Strength Training:
Easy Physical Activity
You Can Do Anywhere
Using Resistance
Bands

May 24: 11:30AM-
12PM
S7-105

*NOTE: This room has
changed!*

May 25: 7AM-7:30 AM
S1-123 (by Office of
Medical Education and
Ethics)

WALK WITH US

Take a walk with our
staff to learn quick
walking routes that you
can do on your break.

*All walks begin at the
Step Ahead*

*Information Center,
located in the main
hallway on the first
floor of the hospital.*

10 Minute Indoor
Route:
May 24, 9:30 AM

10 Minute Outdoor
Route:
May 24, 12 noon
May 25, 7:30 AM
May 26, 12 noon

30 Minute Outdoor
Route:

May 22, 12 noon

Help in setting up a
pedometer is available

Strength Training -- An important part of a healthy lifestyle

Why is strength training important?

A regular strength training routine will benefit your health in many ways. These include:

- Losing weight and preventing weight gain
- Preventing osteoporosis
- Improving balance
- Preventing injury
- Decreasing risk of high blood pressure, high cholesterol and heart disease
- Reducing physical problems that are common as people get older
- Feeling better physically and mentally

How is strength training done?

Strength training exercises can be done with or without equipment that adds extra resistance. Common strength training exercises are done with equipment such as "free weights" or machines, like those found in the gym as well as with resistance bands and tubes.

Wondering about time and cost?

Strength training doesn't require a trip to the gym. In fact, it can be done almost anywhere. And it doesn't require too much of your time. Resistance bands, for example, are inexpensive, can be used almost anywhere and still give a great workout.

How do I get started?

Step Ahead is here to help. We currently offer a 30 minute workshop on how to do a 10 minute resistance band routine that includes all the major muscle groups and that can be done almost any where, including at work. Terrie, an administrative assistant from Cardiology, attended the workshop last Wednesday. She said "I thought this class was fun, informative, and the exercises were so quick that I could fit it in easily, such as on my lunch break. And it was something I could do with my co-workers. Four of us went together."

Recipe of the Week

Available in the University Cafeteria on Monday May 22nd.

Baked Cajun Catfish

Makes 4 servings

¼ cup frozen okra, cut
¼ cup fresh tomatoes, diced
¼ cup green peppers, diced
¼ cup celery, diced
¼ cup onions, diced
1 tablespoon olive oil

2 teaspoons Cajun Seasoning
1 teaspoon garlic, minced
4 Catfish filets, 5oz each (cod works nicely as well)

1 teaspoon lemon juice
Salt & Pepper to taste

- Spray square baking pan with oil.
- Combine okra, tomatoes, green pepper, celery and onion. Steam for 10 minutes.
- Put cooked vegetables in baking pan.
- Combine olive oil, Cajun seasoning and garlic in small bowl. Stir to blend.
- Place catfish fillets on top of vegetables. Brush fish with olive oil, Cajun seasoning mixture.
- Season fish with lemon juice, salt and pepper. Bake at 350F for 15-20 minutes until fish is firm with a light glaze.

Nutritional Information:

Calories: 250
Total Fat: 8g
Saturated Fat: 2g
Carbohydrates: 11g
Fiber: 2g
Protein: 28g

Tip of the Week

Trying to eat more whole grain foods? Confused by the packaging? When buying breads, crackers, cereals and pasta, take a look at the fiber content on nutrition information panel. Good rules of thumb are to buy cereals and pastas with at least 5 grams of fiber per serving and breads and crackers with at least 2 grams of fiber per serving.

To learn more about Step Ahead visit www.stepaheadprogram.com

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