



Events this Week

Come to the Farmer's Market every Tuesday from 2:30 to 6:30 PM outside the medical school entrance. Cash only.

WORKSHOPS Quick & Healthy Dinners

Tuesday, July 25:
12:30 – 1:00 PM
S1-123

AND

Thursday, July 27:
3:30 - 4:00 PM
S1-123

Feel free to bring your lunch!

WALKS

Meet with other walkers at the Step Ahead Information Center, across from the stamp machine, every day at noon.

To purchase a pedometer, visit the Step Ahead office at S7-746.

WHAT STEP AHEAD CAN DO FOR YOU!

Step Ahead is here to help you be healthier while at work. We have just begun our two year adventure, and want to make sure to make the most of our time together.

Our goal is to help you eat healthier and put more physical activity into your daily life. We hope you are already using our programs, workshops and information:

- Weekly Farmer's Market, July-October
- New 30 minute workshop each month, offered several times
- Website with recipes, and health and hospital-specific information
- Weekly newsletter with a health spotlight, recipe, health tip and calendar of events, in email or paper form
- Information for healthy potlucks, walking groups, and other activities

All of our activities are offered at no cost, and there is no advance sign-up. We have found that lunchtime is the most popular time for workshops, so feel free to bring your lunch.

We Can Come to You

We can present a workshop or bring information to your group during an existing meeting, specially arranged time or informally. Just contact us to arrange a time, even beyond the typical working hours, and we will fit ourselves into your schedule and location.

Our current programs are:

- Resistance Training
 - Quick & Healthy Dinners
 - Healthy Choices in the Cafeteria
 - 10 & 30 minute walks inside and outside of the hospital
 - Healthy Potlucks
 - Forming Walking Groups
- We will add topics to this list each month.

We would also be happy to design a workshop to meet your needs and interests. Please share ideas for new topics, ways to present information or involve other people.

Please join us and call us. We are here to work together!

Recipe of the Week

Confetti Chicken and Rice Salad Serves 8

3 cups Brown Rice, cooked (or 3 cups instant brown rice)
1 medium Apple (granny smith or Cortland), diced
2 stalks Celery, finely chopped
1 medium Red bell pepper, chopped
½ bunch Green onions (scallions), chopped
½ cup Walnut pieces or sliced almonds
1 - 1 ½ cups Cooked chicken, diced
¼ cup Fresh parsley, chopped

Dressing

¼ cup Apple cider vinegar
2 Tbsp. Lemon juice
3 Tbsp. Olive oil
Salt and pepper to taste

- Cook brown rice according to package.

- In a large mixing bowl, combine 3 cups cooked rice, diced apple, celery, red pepper, green onions, nuts, diced chicken, and parsley.
- Mix dressing ingredients: vinegar, lemon juice and olive oil.
- Add dressing to rice salad mixture and toss lightly to coat.
- Taste before seasoning with salt and pepper.

Serving suggestion:

- Serve on bed of chopped dark green lettuce or baby spinach.

Recipe adapted from a Food Network recipe

Nutritional information:

Calories: 231	Total Fat: 11g
Saturated Fat: 1.5g	Cholesterol: 21g
Carbohydrates: 22g	Dietary Fiber: 4g
Protein: 11g	

Tip of the Week

Being active is much more fun with friends or family. Encourage others to join you and plan one special physical activity event, like a bike ride or hiking, with a group each week.

<http://www.fitness.gov/10tips.htm>

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