



EVENTS THIS WEEK

FARMER'S MARKET

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

WORKSHOPS GET MOVING

Tuesday, August 1
12:00 – 12:30pm
S2-309C

WALKS

Meet with other walkers at the Step Ahead Information Center every day at noon.

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

GET MOVING: 10 Minutes at a Time

Have you been thinking about getting more physical activity? Are you having a hard time getting started? You don't have to join a gym to be more active - it really only takes 10 minutes at a time. Come to our workshop, **Get Moving**, and we will help you make a plan that will work for you – and you will get a full 10 minutes of activity too!

It is important to your health to be active. It can help you to lose weight, and can help you to have more energy, maintain a better mood, and improve your overall health.

Understanding Guidelines

Government agencies and many health organizations have created guidelines to suggest how much activity people need and of what types. These guidelines can be confusing -- maybe you are not sure if your evening walk with the dog really counts. Do you know how fast to bike or walk for an activity to be considered moderate or vigorous? Do housework and gardening count?

Step Ahead will help you understand how much time you should spend being active and look at the differences between moderate and vigorous activity.

Getting Started

As you start out, think about choosing activities that you enjoy, or getting more out of things you already do. Spend more time at your activities or work harder at them. Set realistic goals! **Step Ahead** has tools to help you set goals and to track your progress in meeting them.

Let's Move

The last 10 minutes of this workshop will get your feet moving and your heart pumping at least a little harder. We will spend 10 minutes in moderate activity. Please wear comfortable clothing and shoes.

Look to the blue section on the left side of this newsletter for times and locations of the workshop. Feel free to bring your lunch.

Recipe of the Week

Summer Fruit Frappe & Smoothies

Makes 4 drinks

16oz (two 8oz cartons) fat free vanilla or plain yogurt
2 small (or one large) ripe bananas, sliced
1 cup sliced strawberries (fresh or unsweetened frozen)
1 cup berries such as raspberries and/or blueberries. And/or peaches (fresh or unsweetened frozen)

Smoothie: In a blender, combine bananas, berries and mixed fruit. Cover and puree until nearly smooth.

Fruit Frappe: Put yogurt and fruit in blender. Add ice to fill to the top. Blend and serve immediately

Add in's:
1 tsp. vanilla
2 Tbsp. orange juice
2 Tbsp. wheat germ or ground flaxseed meal

Recipe adapted from *Better Homes and Gardens*

Nutritional Information:

Calories 125	Total Fat: 1g
Saturated Fat: 0g	Cholesterol: 2mg
Carbohydrates: 24mg	Dietary Fiber: 3g
Protein: 7g	

Tip of the Week

It's blueberry season. Low in calories but packed with nutrients and fiber, ½ cup has 8% of daily fiber requirements and 15% of vitamin C! The blue color of blueberries is a strong antioxidant that helps protect against cancer and heart disease, lowers cholesterol and improves nighttime vision. Enjoy blueberries on salads, cereals, desserts, or by themselves. Check out <http://www.whfoods.com> for details.

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