



### Events this Week

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

### WORKSHOPS

Get Moving!

Tuesday, August 15:  
12:30 – 1:00 PM  
S6-310

AND

Wednesday, August 16:  
12:30 - 1:00 PM  
S2-309C

Feel free to bring your lunch!

### WALKS

Train for the *Walk to Cure Cancer!* 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.

**Step Ahead can come to you!** Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com).

## TRAINING FOR A WALK

Walks to raise funds for things like a cure for cancer or diabetes or to fight hunger or poverty are very popular. Taking part in an organized walk for a cause is a great way to help others and to have fun. If you walk regularly before the event to train, it can also help get you into better shape. Step Ahead invites you to join our team in UMASS Medical School's *Walk to Cure Cancer* on Sunday, September 10th. Here are some tips to start.

### Set a Goal

How long can you walk today at a moderate pace? Use the answer to this question to set your starting point for training and your goal. Perhaps your goal is to finish a walk route for the first time, perhaps it is to finish it under a certain time, or to walk for a certain amount of minutes.

### Use Good Shoes

Make sure you have comfortable walking sneakers or shoes.

### Practice

One good way to train is to frequently walk 15-30 minutes at a time for several weeks before

the event. Hal Higdon, a marathon runner and writer for Runner's World magazine has created an eight week training schedule to help. He recommends using the weekends to build your endurance, Walk increasing distances on Saturdays to build up to three miles. On Sundays, walk an unmeasured distance (in the woods, for example) for an hour. During the week, rest for a day (or take a very easy walk) between timed walking days. For example, on Mondays, Wednesdays and Fridays either rest or have an easy walk. On Tuesdays and Thursdays, work up to 30 minutes per walk before the event. This is only one example of a training schedule. Develop the one that will work best for you. See [www.halhigdon.com](http://www.halhigdon.com) for details.

### How Step Ahead Can Help

Meet at the Step Ahead Information Center each noon for group walks. Use Step Ahead's Walking Group Toolkit to help set goals and track progress. To join our team for the *Walk to Cure Cancer*, just call us at 508/856-2319 or 800/522-4617, or email us at [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com). We look forward to seeing you at noon, and at the *Walk to Cure Cancer!*

## Recipe of the Week

### Zucchini (or summer squash) with Parmesan

Serves 4

2 tsp. olive oil  
2 pounds zucchini (about 4 medium) or summer squash  
1/8 tsp. salt  
Freshly ground pepper to taste  
1/2 cup parmesan cheese (1 ounce) finely shredded

- Slice zucchini into 1/4 inch thick slices.
- Heat oil in a large non stick skillet over medium heat.

- Add zucchini and cook, stirring every 2-3 minutes, until tender and slices are golden brown (25 minutes).
- Reduce heat, sprinkle with salt and pepper.
- Sprinkle with cheese, cover and cook for 2 minutes.
- Cut into wedges and serve warm.

Recipe adapted from an *Eating Well* recipe

### Nutritional information:

Calories: 82	Total Fat: 5g
Saturated Fat: 1g	Cholesterol: 5mg
Carbohydrates: 8g	Dietary Fiber: 3g
Protein: 5g	

## Tip of the Week

Remember to drink enough water! Have one glass every hour on the hour while at work. When the work day is done your water quota is met. Freeze little bits of peeled lemons, limes, and oranges and use them in place of ice cubes - it's refreshing and helps get in a serving or two of fruit. [www.dwlz.com/WWinfo/water.html](http://www.dwlz.com/WWinfo/water.html)

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)