

### Events this Week

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

### WORKSHOPS

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

Goff S2-309B

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).**

## Fitness Friends

Taking care of yourself can feel like a solitary journey at times. Increase your likelihood for success by finding someone with similar goals who can support you along the way, help you feel more confident to make changes, and make it more fun at the same time!

### What is a Fitness Friend?

A Fitness Friend is different from a friend who will walk with you from time to time. It is someone with a personal goal similar to yours, such as losing weight, being more physically active, learning a new sport, or eating more fruits and vegetables. He or she is positive about the changes in his or her life, and willing to encourage you along your journey. You are making changes together.

### Where can I find a Fitness Friend?

Look all around you when searching for a Fitness Friend. Ask your friends who are making changes in their lives. Look in places where people are doing healthy things. Some examples include:

- **Work:** Find a friend who wants to walk during breaks, or who is motivated to bypass the desserts and fill up on healthy foods instead.
- **Gyms:** Join an aerobics class or talk with the person next to you using weights or the treadmill.
- **Community events:** Check out the paper or local sporting goods store for opportunities in the community, such as walks with the Audubon Society or a local area of interest such as Mount Wachusett.
- **Group:** Join a group that regularly participates in a sport you enjoy, such as biking, swimming, or tennis clubs.
- **Class:** Take a class in something you have always wanted to learn, such as swing, ballroom or salsa dancing.

The important thing is to look for someone with shared health goals, interests, and schedule. Make the promise to your Fitness Friend that you will encourage each other as you achieve your health goals. Have fun!

Inspired by [www.sparkpeople.com](http://www.sparkpeople.com).

## Recipe of the Week

### Pasta & Beans (Pasta e Fagioli)

Makes 4 servings

- 2 Tbsp. Olive oil
- 2 – 3 Large cloves garlic, minced
- 1/8 tsp. Hot red pepper flakes
- 1 can Diced tomatoes, drained
- 1 can Cannelloni beans (white navy beans), undrained
- 1/2 pound (8oz) Cooked whole wheat pasta, cooking water reserved

- In a 3-quart saucepan, combine the oil, garlic, and hot pepper flakes over medium-low heat. As soon as the garlic begins to color, add the

tomatoes. Increase the heat slightly and sizzle for about 5 minutes. Stir in the cooked beans and enough bean water to cover. Bring to a boil, stirring frequently.

- Lower the heat and simmer gently for 5 minutes. Stir in the cooked pasta and simmer gently over medium heat for 2 minutes. Add reserved pasta water if necessary.

Recipe adapted from the *Food Network* recipe collection

### Nutritional Information:

Calories: 430      Total Fat: 8g  
Saturated Fat: 1g      Total Carbohydrates: 75g  
Dietary Fiber: 12g      Protein: 20g

## Tip of the Week

When tempted to put spare change into a vending machine for a sugary snack, put it into a jar instead. Save it up for a fun reward, such as new walking shoes, a dance class, or even a new bike instead!

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