

Events this Week

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

WORKSHOPS

Quick and Healthy Dinners

Thursday, Sept. 14:
12:00 – 12:30pm
S1-853

Feel free to bring your lunch!

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.

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.

Sleep Your Way to Health

On average, an adult may need 7 to 8 hours of sleep a day. Sleep helps us to think clearly, restores energy, fights illness, and reduces stress. Too little sleep may increase the risk of depression and other illness.

Sleep and Weight

Did you know that there may be an association between sleep and weight? The Nurses' Health Study found that women who slept less gained more weight over time. Another study found that people who slept less than 8 hours a night had more body fat, and people who slept the least weighed more than people who slept more. The findings of this study also suggested that sleep affects the hormones in our bodies that make us feel hungry or tell us that we are full. This may cause people to overeat. Research on the relationship between sleep and weight is just beginning, and more study is needed to make strong conclusions. However, we all know that we feel better after a good night's sleep!

Tips for a Good Night's Sleep

- Be consistent: Go to bed and get up at the same times each day, including days off.
- Relax: Follow a routine that helps you unwind, like reading or listening to music.
- Watch what you eat and drink: Avoid eating heavy meals, caffeine, nicotine and alcohol late in the day or right before going to bed.
- Exercise regularly, but don't exercise in the 3 to 4 hours before you go to bed.
- Relax with a darkened room, comfortable temperature, pillows, and quiet or soft music.
- Use your bed for sleeping only.
- If you are having a hard time falling asleep, get up and do a relaxing activity before getting back into bed.
- If you nap, sleep for only 20 minutes or less.

Sweet dreams...zzzzzzz...

Sleep Disorders: Sleep 101; Less Sleep, More Pounds; The Dream Diet: Losing Weight While You Sleep: www.webmd.com

7 Hidden Ways to Get More Sleep: www.sparkpeople.com

Recipe of the Week

Fruit Salad with Lime Yogurt Serves 6-8

Fruit:

- 1 large ripe honeydew melon, seeded and cut into 1 inch chunks
- 1 pint strawberries, hulled and halved
- ¼ cup lime juice
- 1 Tbsp. sugar

Lime Yogurt:

- 2 cups nonfat plain yogurt
- 2 Tbsp. sugar
- 1 Tbsp. lime zest
- 1 Tbsp. lime juice

- In a large bowl, toss melon, strawberries, lime juice and sugar. Let stand for 15 minutes, stirring occasionally.
- Meanwhile, in a small bowl, combine yogurt, sugar, lime zest and juice, stirring until sugar is dissolved. Cover and refrigerate until chilled.

Recipe adapted from *Eating Well* magazine.

Nutritional Information:

Calories: 135	Total Fat: .5g
Saturated Fat: 0g	Cholesterol: 1mg
Carbohydrates: 30g	Fiber: 2g

Tip of the Week

Quick energizers at work: 1) Lift 1-3 packs of printer paper in each hand. Curl them like weights or lift them over your head. 2) Jumping jacks. Simple, quick and pumps you up. 3) Squeeze a stress ball. Relieves stress while strengthening forearms and wrists for typing. Energy Boosts at Work. www.sparkpeople.com

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