



Events this Week

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

GET FIT THIS FALL!
Sign up at one of our Step Ahead tables on these days:

Monday, Sept. 18:
11:30-1:00pm, Cafeteria

Tuesday, Sept. 19:
3:30-4:30pm, Remillard Lobby

Wednesday, Sept. 20:
11:30-1:00pm, Cafeteria

Thursday, Sept. 21:
3:30-4:30pm, Old Hospital Lobby

Friday, Sept. 22:
11:30-1:00pm, Cafeteria

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.

Get Fit this Fall with Step Ahead!

Our goal is to help you make physical activity part of your routine. Remember, guidelines for general fitness suggest only 30 minutes of physical activity on most days of the week. Read on to see the Step Ahead fitness events happening this fall and how you can enjoy them.

Walk & Win

With Step Ahead, you can walk, swim, or garden your way along the Appalachian Trail! Together, we will *take an imaginary or "virtual" hike* of the 2160 miles from Maine to Georgia. Look for the Step Ahead table in the lobby this week for information. Sign up individually or with co-workers as a team of up to 5 people. Then, starting Sunday September 24, for the next six weeks, we will help you log all of your physical activities to add miles to UMass' group virtual walk of the entire Appalachian Trail! You can track miles or steps walked, as well as time you spend on any other physical activity. Biking, running, swimming, gardening, vacuuming, scrubbing floors, raking leaves, aerobics, dancing, or whatever you enjoy doing, all will count toward the group total. It is a great way to have fun and to challenge yourself and your friends to be more active.

There will be many prizes and surprises along the way. How many miles can you contribute? Just 30 minutes of activity on five days a week will add 7.5 miles every week!

Sign Up This Week:

- ✓ Stop by a Step Ahead table in the cafeteria, lobby or Farmers' Market
- ✓ Email info@stepaheadprogram.com and we will send you the registration form
- ✓ Go to www.stepaheadprogram.com and download the registration form and the activity logs
- ✓ Pick up a registration form at the Step Ahead information center across from the stamp machine near the cafeteria.
- ✓ If you receive the Step Ahead newsletter by email, you will get a registration form in a separate email.

Check the newsletter and the Step Ahead information center for weekly updates. During this virtual walk, we will suggest goals instead of a tip of the week to help you along your own path to fitness.

Fall Fitness Fair

Step Ahead will hold a Fall Fitness Fair on Tuesday, October 17. Stay tuned for more information!

Recipe of the Week

Five-Layered Mexican Dip Serves 8

½ cup low fat sour cream
½ cup salsa
1 can fat free refried beans
2 cups shredded lettuce
½ cup chopped tomato
¼ cup shredded low fat cheese
chopped fresh cilantro (optional garnish)

Mix sour cream and salsa. Spread refried beans in a shallow glass bowl. Top with sour cream/salsa mixture, spreading to cover bean dip. Just before serving, top with lettuce, tomato and cheese. Garnish with cilantro.

Serve with cut veggies, or baked chips.

Nutritional Information:

Calories: 86	Total Fat: 2g
Saturated Fat: 1g	Total Carbohydrate: 12g
Dietary Fiber: 3g	Protein: 3g

Goal for the Week

Sign up for the Walk & Win Virtual Walk of the Appalachian Mountain Trail! You can enter by yourself, or as a team of colleagues.

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