



### Events this Week

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

### WORKSHOPS

#### NEW! Quick Tips Table

Interested in learning more about being healthy, but don't have much time? It only takes 5 minutes to stop by our Quick Tips Table to pick up information and meet with Step Ahead Staff.

**This month:**  
**Reaching Your Goals – Small Steps to Healthy Eating and Physical Activity**

**Tues. September 26:**

11:30am – 1:00pm,  
Cafeteria

**Thurs. September 28:**

3:30 – 4:00pm, Remillard Family Pavilion

### 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](mailto:info@stepaheadprogram.com).**

## MAKE GOALS WORK FOR YOU!

If you wanted to improve a room in your house, what would you do? Would you wake up the next day and find that it was magically transformed? If only it were that easy! Being realistic, you might start off with the goal of painting a room. Then, you would think of the steps involved: choosing a color, gathering supplies, deciding the tasks that should be done, and starting the first task.

Research shows that setting goals and keeping track of your progress helps to control weight, eat healthfully and be physically active.

When you want to control your weight, improve your health or take part in a sport or activity, the task is to find ways to change eating or physical activity habits, or both. A goal is a beacon guiding you where you want to go, and is reached with small steps. Here are some tips on setting goals.

### Know Your Starting Point

Begin where you are right now. Use Step Ahead's Physical Activity and Eating logs to help you see what you currently do. This can help you plan what changes to make and when and how to make them.

### Look where you are going

Set your goal. Make it specific and realistic. "By November, I will be able to walk 2 miles."

### Set short-term goals

A useful goal is one that you can achieve. When you reach it, celebrate and set a new goal. Start with something like: "I will park farther away from the building to walk more each day." When you have achieved that for a few weeks, make a new goal, such as: "I will walk 15 minutes during lunch, three times a week." Then increase it to: "I will walk 30 minutes during lunch, three times a week, or even, everyday!"

### Identify Barriers and Develop Solutions

When we try to make changes in our lives, things often get in the way. What might make it difficult for you? Write these barriers down, and think of solutions for them. Is it hard for you to forgo a sweet snack in the afternoon, even if your goal is to eliminate it? Perhaps you can eat fruit or veggies instead of cookies, try a no-calorie beverage, or take a walking break instead of a snack break.

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## Recipe of the Week

### Tortellini & Zucchini Soup

Makes 6 servings

- 2 Tbsp. olive oil
- 2 large carrots, finely chopped
- 1 large onion, diced
- 2 Tbsp. minced garlic
- 1 tsp. chopped fresh rosemary (or ½ tsp dried)
- 2 14-ounce cans low sodium chicken or vegetable broth
- 1 cup water
- 2 medium zucchini (or summer squash), diced
- 9 ounces (about 2 cups) fresh or frozen tortellini
- 4 plum tomatoes, diced
- 2 Tbsp. red-wine vinegar
- Heat oil in a large pot over medium heat. Add

carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and starts to brown, 6 to 7 minutes. Stir in garlic and rosemary and cook, stirring often, 1-2 minutes.

- Stir in broth, water and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini is beginning to soften, about 3 minutes. Add tortellini and tomatoes and simmer until the tortellini are plump and the tomatoes are beginning to break down, 6 to 10 minutes. Stir vinegar into the hot soup just before serving.

Recipe adapted from *Eating Well* magazine

#### Nutritional Information:

Calories: 204	Total fat: 8g
Saturated fat: 2g	Cholesterol: 10mg
Carbohydrate: 28g	Fiber: 4g
Protein: 7g	

## Goal of the Week

Choose your first physical activity goal for the first week of Walk & Win virtual walk of the Appalachian Trail. Here are some suggestions: Walk for 15 minutes, 3 times a week; mow the lawn once a week; walk in front of the TV for 30 minutes, 3 times a week.

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