



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

Mon. October 2:

11:30am – 1:00pm,
Cafeteria

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.

THE POWER OF MONITORING

Keeping a record of your behavior, or *monitoring* yourself is a way of holding up a mirror to see what you do. It may even show a difference between what you actually do and what you think that you do. Your records can be a powerful tool to help change your behavior.

Research across many different types of health behaviors shows that monitoring yourself can be very useful. For example, the National Weight Control Registry collects information on thousands of people who have been able to successfully lose weight and keep it off. One finding is that people who weigh themselves regularly are more likely to both lose weight and keep it off.

How Do I Do It?

Write down and keep track of what you do. For instance, write down how and when you exercise, or record what and when you eat. Step Ahead's Physical Activity and Eating Log forms are an easy way to do this.

How Can I Use the Information?

Monitoring can help you set goals, track progress toward reaching them, and set new

goals. It can help you see patterns and challenges, and think of solutions. Imagine that your goal is to walk more each day. You could start by timing your walking over a few days, or wearing a step counter. Then look for ways to add time or steps. Park farther away from your department or walk while you meet with a co-worker. Work your way up to a target time or number of steps, then set a higher target! You may find yourself doing even more to get to those higher numbers faster.

Be Honest and Complete

This information helps YOU. When tracking eating, you may be tempted to leave out foods that you think you should not eat. Remember, though, that the more honest you are with yourself, the more you can look for opportunities for change. Monitoring can help you to find your own trouble spots and make changes.

Be Forgiving

Remember that we all have days that are more difficult than others. The most important thing is to keep trying. If you get off to a slow start or have a bad day, don't be too hard on yourself, but have a better day tomorrow.

Recipe of the Week

Garlic-Spiked Broccoli & Mushrooms with Rosemary

8 - 1/2 Cup servings

2 Tbsp. olive oil
3 garlic cloves, minced
2 cups sliced mushrooms
4 cups chopped broccoli (fresh or frozen)
1 tsp. dried rosemary (or 1 Tbsp. fresh)
Salt and freshly ground black pepper, to taste

In large skillet, heat oil over medium heat. Add

garlic and sauté 1 minute. Add mushrooms and sauté 3 minutes. Add broccoli and rosemary and cook 3 to 5 minutes or until broccoli is crisp-tender. Taste and season with salt and pepper.

Recipe adapted from *American Institute for Cancer Research*

Nutritional Information:

Calories: 52	Total fat: 4g
Saturated fat: 0.5 g	Cholesterol: 0g
Carbohydrates: 4 g	Dietary Fiber: 1g

Goal of the Week

If you were able to meet your short-term goal, considering making the next goal a bit more challenging. Try adding 5 minutes to your activity, or doing it one more day out of the week.

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