



MAINTAINING MOMENTUM

Events this Week

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

WORKSHOPS

Get Moving!
Wednesday,
October 11:
12:00 – 12:30 PM
S6-310

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.

Do you know the story *The Little Engine That Could?* The words 'I think I can,' helped a little train engine push herself to climb a mountain. There are times when it may seem too difficult to keep trying to complete a task or reach a goal. Here are some tips to help you along your journey.

Be Positive

Picture yourself reaching your goal, whether it is walking 2 miles at a time, eating a healthy salad every day, or fitting into an old pair of jeans. A mental image of what you want to accomplish can help give you the energy you need to succeed.

Keep it Interesting

Are you tired of eating the same things (even though they are healthy)? Try something new! Step Ahead offers new recipes each week, and all the recipes are available on our website. If you are bored with your walk or exercise routine, do something else. Your body will thank you.

Move Ahead

When you have a weekend when you are too busy to exercise, or a meal where the

chocolate cake is too tempting to pass up, just put it behind you and move on. Don't think of it as a setback. Maybe there is something you can learn from the experience that will help you the next time.

Do It Together

Seek support and companionship along your journey to better health. Find someone to join you on walks, runs, or tennis games. Enjoy the company of team members in your Walk & Win challenge. Walk right past the desserts in the cafeteria with a friend! Be supportive of others as they work to reach their goals, and ask for their help in reaching yours.

Reward Yourself

Celebrate when you reach your small goals along the journey to your larger goals. Do something that is special to you, such as a day trip to a new or favorite spot, taking time to catch up with a good friend, or even spending some time alone!

Piper W, Hauman G & Houman D. *The little engine that could*. New York, NY: Platt & Munk Publishers, Inc.; 2002.

Mark your Calendar for the Fall Fitness Festival on Tuesday, October 17th.

Recipe of the Week

Low Fat Herbed Fettuccine Alfredo

8 oz fettuccine (try one of the whole wheat varieties)

¼ cup sliced green onion

2 cloves garlic minced

2 tsp. olive oil

1 Tbsp. flour

12oz can evaporated skim milk

½ tsp dried thyme and basil

¼ cup parmesan cheese

Black pepper

- Add vegetables, 2 cups steamed fresh or frozen vegetables of choice, such as spinach

or broccoli

- Cook pasta according to package instructions. Set aside.
- In a medium sauce pan, sauté onion and garlic over medium heat. Stir in flour, slowly add milk and herbs. Bring to a boil. Immediately, reduce heat to low and simmer. uncovered for 3 – 5 minutes, until slightly thickened and bubbly. Stir and cook for one minute more. If desired, add vegetables. Remove from heat and stir in parmesan cheese. Mix with pasta and serve.

Nutritional Information:

Calories: 223

Saturated fat: 1g

Fiber: 5g

Total Fat: 3.45g

Carbohydrates: 38g

Protein: 13g

Goal of the Week

Try something new. If you typically walk, add a strength training session, bike ride, swim or something else to your physical activity this week. Make it fun!

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