



## FALL FITNESS FESTIVAL

### Events this Week

Come to the Farmer's Market every Tuesday from 2:30 to 6:30 PM outside the old hospital entrance. The last market will be on October 31<sup>st</sup>.

### Fall Fitness Festival

Tuesday, October 17,  
10:00 AM - 4:00 PM

Old Medical School  
Lobby

### Walk & Win

So far, the University Campus has gone 3,905 miles along the Appalachian Trail. Great Job! Remember to send us your totals every week!

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).

**Come to Step Ahead's Fall Fitness Festival in the Old Medical School Lobby on Tuesday, October 17th, from 10:00 AM - 4:00 PM.**

Did you know that you can do yoga in a chair? The Fall Fitness Festival has chair yoga demonstrations as well as other opportunities to learn more about exercise and recreation resources in the Worcester area. Join us for demonstrations, maps, information, and raffle prizes! See a schedule at Step Ahead's Information Center, website, and various locations throughout the hospital and medical school. Here is a preview of the day's events:

### Demonstrations

- Worcester has many opportunities to be physically active, some even available here at the hospital. See and participate in a variety of demonstrations held throughout the day.
- Chair yoga with Flow Forms Yoga
  - Salsa!Workout™ with World Rhythms™
  - Demonstrations by Hanmi Tae Kwon Do Center
  - Working out with free weights with UMASS Fitness Center
  - Try equipment from Curves

### Raffles

Thanks to the generosity of local businesses, we will have many raffles prizes!

- Bicycle helmet from Barney's Bicycles
- Gift Certificate from Bicycle Alley
- 3 month membership to Core Fitness (formerly Family Fitness)
- 3 month membership to the UMASS Fitness Center for either cardio and weights or exercise classes
- Gift Certificate from Sneakerama

### Information

There will be information on many local hiking, walking, and biking resources.

- Rails to Trails walking routes
- Audubon Society
- Trustees of the Reservation hiking trails
- Wachusett Greenways
- Seven Hills Wheelman biking and outdoors club

Join us to explore new ways to be healthy and active!

**Participate in a demonstration and add the time to your Walk & Win log!**

## Recipe of the Week

### Ginger Honey Tea

1-inch piece ginger root, peeled  
1 large strip lemon rind  
6 cups water  
¼ cup honey, eyeball it  
1 lemon, juiced  
3-4 chamomile, black, green or other tea bags

- Slice the ginger into coins.
- Heat the ginger, lemon rind, water and honey to a boil in small pot.

Remove from heat. Add lemon juice to hot water and transfer to a tea pot. Add tea bags to pot and steep. Remove bags after a couple minutes and enjoy.

### Nutritional Analysis

Calories: 69      Fat: 0g  
Saturated fat: 0g      Carbohydrates: 19g  
Vitamin C: 8mg

Recipe adapted from *FoodNetwork.com*

## Goal of the Week

Increase the intensity of your physical activity to make the most of your time. Walk, run, swim, or clean your house faster. Pump your arms more when you walk.

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