

Events this Week

Come to the LAST Farmer's Market of the season this Tuesday from 2:30 to 6:30 PM outside the old hospital entrance.

Walk & Win

Remember to send us your totals every week!

WORKSHOPS

**Strength Training:
Easy Physical
Activity You Can Do
Anywhere Using
Resistance Bands**

Tuesday, October 31
11:30AM – 12PM
S6-310

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.

Active Living

Is it a challenge for you to find the time to exercise? Do you come home from work feeling too tired to move, or have home responsibilities that fill your time and make it hard for you to exercise? If these situations sound familiar, then you are not alone! *Active Living* can be part of the solution.

Thirty minutes of daily exercise is recommended for most people, but people with busy lives may find it hard to devote that much time to exercise. *Active Living* is the idea that we can be healthier by finding ways to move our bodies more while performing every day tasks and routines.

Active Living at Work

Step Ahead encourages you to be physically active during work hours. In this way, we are promoting the idea of *Active Living* while at work. To do this, look for ways to fit physical activity into daily work routines. Here are some ideas that you may have heard before because they really work:

- ✓ Take the stairs more often
- ✓ Walk during lunch and other breaks
- ✓ Walk while you hold a meeting with co-workers

- ✓ Walk to other campus buildings instead of driving to them
- ✓ Stretch or do quick exercises during breaks
- ✓ Park further away to walk more during your daily commute

How Can You Be More Active?

Pay attention to your daily routines to best find ways to be active while doing them. Do you sit for many hours? If so, perhaps you can stretch or do yoga moves while sitting in your chair. Do you find yourself standing and waiting at the printer, copier, or in another situation? As standing itself is not a form of physical activity, you could create some by doing squats, lunges, leg lifts or other stretches while you wait. Do you walk around the hospital often? Walk at a faster pace, and pump your arms more. Are your meetings long? Perhaps you can all stand up and stretch for an energizing break. Whatever you are doing, think of how you can add more physical activity.

We challenge you to look for small ways throughout the day to be more physically active. When you do, you will find that you can focus more on your work, have more energy, and feel better. These short bursts of energy can really make a difference!

Recipe of the Week

Chocolate Chip Pumpkin Bread

Makes one loaf (12 slices)

1 cup sugar
1 cup canned pumpkin
1/4 cup canola oil
1/4 cup fat-free vanilla pudding (or try low fat vanilla yogurt)
2 large egg whites (or 1/4 cup egg beaters)
1 1/2 cups all-purpose flour or a mixture of white and whole wheat flour
1 tsp. ground cinnamon
1/2 tsp. salt
1/2 tsp. baking soda
1/4 cup mini chocolate chips (or 1/2 cup regular)
Cooking spray

- Preheat oven to 350°
- Combine first 5 ingredients in a large bowl, stirring well with a whisk. Combine flour, cinnamon, salt, and baking soda in a medium bowl, stirring well with a whisk. Add flour mixture to pumpkin mixture, stirring just until moist. Stir in chocolate chips.
- Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350° for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pan on a wire rack. Remove from pans and cool completely on wire rack.

Recipe Adapted from *Cooking Light*

Nutritional Information (per slice):

Calories: 175	Fat: 5.8g
Saturated fat: 1g	Carbohydrates: 29g
Fiber: 1.4g	Protein: 2.7g

Goal of the Week

This is the last week of the Walk & Win Challenge. Celebrate a successful 6 weeks of increased physical activity either individually or with your team! Set a new goal for continuing the healthy habits.

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