

Events this Week

Healthy Holidays Quick Tips Table

Gaining weight is one holiday tradition no one wants to keep! Step Ahead can help you have a healthy holiday. Stop by for great ideas, recipes and more.

Tuesday Nov. 7
2:30 - 4:00 pm
Remillard Pavilion

Thursday, Nov. 9
11:30 AM – 1:00 PM
Cafeteria

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.

Building Upon Success

Congratulations to all of those who participated in Step Ahead's Walk & Win Challenge! The final numbers are being tallied this week and winners will be named in next week's newsletter. This week we will dedicate this space to answering the question: "What next?" Our hope is that you will find this useful even if you did not participate in Walk & Win.

Celebrate Your Success

If you joined our Walk & Win Challenge or recently reached another goal, it is time to congratulate yourself for success. The effort you put into it directly benefits your health and fitness. As a result of these past 6 weeks, has physical activity become more of a daily routine? Did you find a new activity that you enjoy doing? Did you become better friends with members of your team? Take a moment to reflect on your achievements, and celebrate!

Were there Surprises?

Trying something new often leads to some surprises along the way. Were you surprised at how much better you felt after being more

active? Or, when you first started keeping track of your physical activity, were you surprised by how much...or how little... you were really getting? Have you seen that being more active is easier than you might have thought? We hope that by setting goals and keeping track of your actual steps or time you spent on physical activity, you were able to do more than you were doing before.

Keep Going

Even though Step Ahead's challenge is over, use this as a starting point for being more physically active. Perhaps your team would still like to be active together. If so, discuss what your next challenge might be and come up with a plan to encourage each other and help each other keep moving. If you are an independent adventurer, take a moment to think of your next 'mountain' to climb. Continue to use Step Ahead's tracking logs. Make them a part of your routine.

Tune in next week to see how far we climbed together, and who our winners are.

Remember to turn in all of your logs by Wednesday November 8th so you will be eligible for the prizes!

Recipe of the Week

Butternut Squash Bisque

8 to 10 servings

1 Tbsp. olive oil
2 to 3 pounds butternut squash, peeled and diced into 1 inch chunks
3 large carrots, chopped
1 medium onion, chopped
1 Tbsp. ginger, minced
2 quarts vegetable stock or cold water
2 Tbsp. grated orange zest (optional)
1 bunch parsley, cleaned and chopped (or ¼ cup dried)
Pinch ground nutmeg
Salt and freshly ground pepper to taste

- Heat the olive oil over medium heat in a large saucepot.

- Sauté the squash, carrots, onion and ginger for 3 minutes, until lightly browned
- Add stock and orange zest and bring to a boil.
- Lower heat to simmer and cook UNCOVERED for 35 to 40 minutes, until vegetables are tender.
- Add the parsley, nutmeg and salt and pepper.
- Puree the soup in a blender or food processor or using a handheld immersion blender until smooth and creamy.

Serve with a dollop of plain fat free yogurt (optional).

Recipe adapted from: *The Whole Foods Market Cookbook*

Nutritional Information:

Calories: 50	Total fat: 1g
Saturated fat: 0g	Carbohydrates: 11g
Fiber: 3g	Protein: 1g

Tip of the Week

Green beans are already a very healthy vegetable. Make them even better by steaming them, and serving with a drizzle of heart-healthy olive oil and scatter some healthy nuts like almonds on top. <http://nutrition.about.com>

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