



### 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. 14**  
**11:30 AM – 1 PM**  
**Cafeteria**

**Thursday, Nov. 16**  
**2:30 – 4:00PM**  
**Cafeteria**

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).

## Walk & Win is a Success!

The results are in! Congratulations to all of you who dedicated yourselves to being more active during the past 6 weeks. At the University Campus, we cleaned, biked, swam, and walked our way through the imaginary Appalachian Mountain trail from Maine to Georgia trail almost 5 times. Together, we logged 10,441 miles!

As promised, Step Ahead is awarding several prizes to those who have made outstanding efforts. We would like to take this time to congratulate our winners. There are both raffle prizes and grand prizes.

### ...and the winners are:

#### Raffle prizes

- Individuals who sent in all 6 logs were to Babs Soller, Skip Mayer, Gail Dupont, Gina Ferrante, Iris Martinez and Kathy Moylan. They won a \$10 gift card to Sneakerama.
- Individuals who walked at least 60 miles were Patricia Antaya and Wendy Bower.

They won a 3-month membership to the Fitness Center. Phyllis Spatrick, Susan Kalinowski and Jill Zitzewitz won \$25 gift cards to Dicks Sporting Goods.

- Teams that averaged at least 60 miles per participant were Diane's Dynamos, Pediatric Administration, Pink Puffers, SOSA and Trail Trekkers. They won a team healthy snack basket.

#### Grand prizes

- Brian Rushlow is the individual walking the most miles, logging 458 miles! He won a one year membership to Core Fitness.
- SOSA is the team with the highest average miles per participant, averaging a whopping 268.8 miles per participant. The team won a complete potluck meal supplied by Step Ahead staff and a \$25 gift card to Dick's Sporting Goods for each team member.

This is truly an activity where every participant is a winner. We hope that you are now moving more, and that you continue to do so. Thanks for taking part in Walk and Win!

## Recipe of the Week

### Garlicky Green Beans 6 servings (1/2 cup each)

- 1 ½ lb. green beans, ends trimmed
- 1 small onion, chopped (½ cup)
- 3 large cloves garlic, minced (1 Tbsp. minced garlic)
- 1 Tbsp. canola or olive oil
- 1 ½ tsp. paprika
- 1 (16 oz.) can low sodium whole tomatoes, drained (save liquid) and coarsely chopped

- Steam green beans for 5 minutes, then quickly chill them under cold water. Set aside.
- In medium saucepan, sauté onion and garlic in oil for about 3 minutes. Stir in

paprika and the reserved liquid from the tomatoes. Cook mixture, stirring it, until it is slightly thickened.

- Add tomatoes and reserved green beans, mixing ingredients well. Cook mixture, stirring it over medium heat for 2 minutes or until heated through and beans are tender-crisp.

Recipe adapted from *Jane Brody's Good Food Book*

#### Nutritional information:

Calories: 72	Total fat: 2.6g
Saturated fat: 0g	Carbohydrates: 12g
Dietary fiber: 4g	Protein: 2.5g

## Tip of the Week

To trim calories and fat from your holiday turkey, roast a plain turkey. Self-basting turkeys have extra fat and calories.

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