



Events this Week

WORKSHOPS

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

Thursday, November 30:
12:00 NOON
Fitness Center on A-level

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@stepahead
program.com.

Preventing Holiday Weight Gain

Thanksgiving starts the fast-paced holiday season that is filled with many celebrations. It is also the start of the season in which many people gain weight. The good news is that research has shown that most of us don't gain 5 pounds as once believed. The average weight gain is about one pound. The bad news is that this extra pound does not magically disappear with the dropping of New Year's crystal ball, but stays with us, year after year.

An important step in managing your weight is to stop gaining weight. Do you think you can stay at your current weight throughout the holiday season?

Read on to see how to enjoy the season while taking care of yourself and your weight.

Enjoy the party

Most holiday gatherings present us with choices and decisions of what to eat. If you look forward to eating a favorite cookie or dish at a family gathering or traditional party, then go ahead and enjoy it! Just avoid other treats that are not your favorites. The key is to plan ahead, even before go. These tips can help:

- ✓ Fill up on water or other calorie-free beverages, such as diet sodas, coffee and tea.

- ✓ Before the party, eat a small salad, a piece of fruit, or half a turkey sandwich.
- ✓ Use a small plate and try to sit when eating.
- ✓ Make thoughtful choices about what to eat.
- ✓ Always put food on a plate.
- ✓ Sample little bits of different things instead of filling up on them.
- ✓ Enjoy the fresh fruits and vegetables.
- ✓ Alcohol calories count. If you drink alcohol, do so in moderation.
- ✓ Always put food on a plate; that makes it easier to keep track of what and how much you eat.

Be Active

Holidays often include time spent with family and friends. Think of active things you can do together, such as walks, touch football, hikes, and even shopping!

Cook healthier versions of holiday foods

Step Ahead has two recipe booklets with healthier recipes of favorite holiday foods. Check out Step Ahead's Healthy Holidays recipe booklet with ideas for making a turkey dinner healthier and for using leftovers. And coming soon is the brand new Holiday Baking recipe book for healthier versions of holiday cookies and cakes!

Recipe of the Week

Turkey Marinara
6 servings

2 Tbsp. extra-virgin olive oil
1 medium onion, chopped
4 garlic cloves, minced
1 medium carrot, peeled and chopped
1 celery stalk, chopped
1 ½ cups shredded cooked turkey meat
3 cups pasta sauce
1 Tbsp. dried or 1/4 cup chopped fresh basil leaves
Salt and freshly ground black pepper
1/2 pound spaghetti (try a whole wheat variety)
garnish with grated Parmesan

- Heat oil in a large frying pan over medium heat. Add onion and garlic and cook, about 5 minutes. Add carrot and celery and sauté, about 5 minutes. Add turkey and sauté 1

minute. Add the marinara sauce. Decrease heat to medium-low and simmer gently for 15 minutes, stirring often. Stir in the basil. Season to taste with salt and pepper. (*Sauce can be made 1 week ahead. Cool sauce completely, then transfer to a container and freeze. Bring the sauce to a simmer before using.*)

- Meanwhile, cook the spaghetti in a large pot of boiling salted water according to package instructions. Drain, reserving 1 cup of the cooking liquid. Add the pasta to the sauce and toss to coat, adding enough reserved cooking liquid to moisten as needed. Garnish with Parmesan.

Recipe adapted from *Food Network*

Nutritional Information:

Calories: 465
Saturated fat: 2.9g
Dietary fiber: 6g
Fat: 15g
Carbohydrates: 56g
Protein: 30g

Tip of the Week

Try not to skip meals to compensate for over-eating later on.

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