

Events this Week

There are no Step Ahead events this week. Watch for our No-Gain New Year campaign, beginning Monday, January 8, 2007.

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.

Stretching into the New Year

As the New Year approaches, take a few moments to relax and stretch. Use those moments when you are sitting at a computer or standing at the printer or copier! Here are stretches to get you started. For each, begin with 3 to 5 repetitions for each arm or leg.

Stretch your wrists and forearms

- 1) Extend your right arm in front, palm facing down. Grab the tips of the fingers of your right hand with your left hand, and gently pull them back toward you for two seconds. Reverse hands. Repeat.
- 2) Put your palms together in front of your body, thumbs toward your chest, forearms parallel to the floor. Press the fingers of one hand toward the fingers of the other, and then move in the opposite direction to stretch the wrists and forearms.

Stretch your shoulders and back

- 1) Shrug your shoulders by bringing them up toward your ears and then letting them drop. Repeat.
- 2) Place your hands behind your head. Push your elbows backward, stretching your upper back. Hold for five seconds.

Stretch your legs while sitting in a chair

- 1) Extend your right leg straight out, and hold for two seconds. Repeat with your left leg.
- 2) While sitting with your knees bent, lift your right foot off the floor and hold for two seconds. Repeat with the left leg.

Stretch your legs while standing

- 1) Bring your right ankle up behind you until it is near or touching your buttocks, and grasp it with your right hand. Gently push your right knee back to stretch your quadriceps (large muscle in the front of your thigh.). Hold for two seconds. Repeat with your left leg.
- 2) Extend your right leg out to the side and lift, keeping it straight. Hold for two seconds. Repeat with your left leg.

Ahhh...your body thanks you! Try these web links for these and more stretches and pictures:

- <http://exercise.about.com/cs/exerciseworkouts//bloffice/workout.htm>
- http://www.shelterpub.com/_fitness/_desk_stretches/stretches_graphic.html
- <http://www.strongwomen.com/fitness.htm>
- <http://www.ucop.edu/humres/eap/exercizes.html>

Recipe of the Week

Cranberry Salmon

Serves 4

The slight tartness of cranberries nicely complements the rich flavor of salmon.

Nonstick vegetable oil spray
2 Tbsp. olive oil, divided
1 Tbsp. Dijon mustard
4 5-oz. boneless salmon fillets
Salt and freshly ground black pepper
¼ cup dried cranberries
2 Tbsp. chopped shallots (or onion)
1 Tbsp. red wine vinegar
2 Tbsp. water

- Preheat oven to 450°. Cover a baking sheet with foil and lightly spray with oil.
- In a medium bowl, whisk 1 Tbsp. oil and mustard together.

- Place salmon on foil-covered baking sheet, skin side down, and season with salt and pepper. Brush salmon with oil-mustard blend. Roast until salmon is cooked through, about 15 minutes.
- Whisk cranberries, shallots (or onion), vinegar, and water with the remaining oil (1 Tbsp.), salt and pepper in a small saucepan. Bring to a boil and then reduce heat to low. Simmer for 10 minutes or until cranberries and shallots are soft. Remove from heat and cover for a moment until fish is cooked.
- When fish is cooked through, remove from oven and transfer fish to plates. Spoon sauce over fillets and serve.

Recipe adapted from AICR

Nutritional Information:

Calories: 351 Total Fat: 17g Saturated Fat: 2g
Carbohydrate: 15g Fiber: 1g Protein: 33g

Tip of the Week

Healthy cooking oils are canola oil and olive oil.

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