



Events this Week

WORKSHOPS

Cafeteria on a Calorie and Health Budget

June 19: 12:00 PM

June 21: 7:30 AM

Meet at the Step Ahead sign inside the cafeteria entrance.

WALK

Meet with other walkers at the Step Ahead Information Center every day at noon.

June 19: 12:00 PM
30 minute, outdoor route

To purchase a pedometer, visit the Step Ahead office at S7-746.

Making the Most of a Pedometer

Walking is a way we move ourselves from place to place. A pedometer, also called a step counter, can help shift our thinking about walking from merely a way to complete tasks to a way of adding exercise during the day.

When worn on your hip, a pedometer counts the number of steps taken. On most pedometers you can enter your stride length to measure the miles walked, and your weight to calculate the number of calories burned.

How many steps should you take?

When modern-day pedometers were developed in Japan, they were marketed with the goal of walking 10,000 steps per day. Research now suggests, however, that there is not a recommended number of steps for everyone, for it varies according to age, health, and fitness level.

What is the best way to use a pedometer?

Step Ahead recommends simply *increasing*

the number of steps you walk. To set a personal goal, first track the number of steps you walk each day for a week, and take the average number. Then set a goal of increasing the number of daily steps by 200 or more. It can be easier than you think— there are about 200 steps from the entrance of the Pine Tree parking lot to its top section!

Step Ahead sells pedometers for \$4. Call our staff at 508/856-2319 to get one. We also have an Individual Walking Log to track progress by time, miles, and steps. Get one from our website or in a “Keep Track of Your Progress” kit from the information center near the cafeteria. You will find that you look for ways to add even a few more steps, by doing an extra loop in the hospital corridors, tackling a few stairs, or pushing a shopping cart longer in the store. Your overall fitness can improve through short periods of exercise throughout the day.

Each step counts!

Recipe of the Week

Spicy Black Bean, Corn and Chicken Salad

Makes 8 servings

1-dish meal that is perfect for lunch or dinner the next day.

1 large can no salt added corn, drained (about 1 ½ cups)

One large can black beans drained and rinsed
4 scallions (green onions) thinly sliced (about ½ cup)

2 red peppers cored, seeded and diced (about 1 cup)

¾ pound cooked skinless, white-meat chicken, cut into bite sized pieces (about 3 cups)

4 Tbsp. lime juice

3 Tbsp. olive oil

1 tsp. ground cumin, or more to taste

In a large bowl, combine the corn, black beans, scallions, bell pepper, chicken, lime juice, olive oil, cumin and pepper. Stir well. Cover and refrigerate for 30 minutes or up to 1 day ahead. Before serving, stir well.

Serving suggestion: baked tortilla chips and diced avocado.

Recipe adapted from Washington Post, Lean Plate Club

Nutrition information:

Calories: 333

Total Fat: 9g

Saturated Fat: 2g

Carbohydrates: 30g

Dietary Fiber: 7g

Protein: 29g

Tip of the Week

For the best nutritional value: Make most of your [fruit] choices, whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

http://www.mypyramid.gov/pyramid/fruits_tips.html

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