

Events this Week

WORKSHOPS

Quick Cafeteria Tour:
Choices on a Health
and Calorie Budget

June 27: 4:30 PM

June 29: 6:00 PM

Meet at the Step
Ahead sign inside the
cafeteria entrance.

WALKS

Walk with Us

June 28: 12:00 noon
10 minute outdoor walk

Meet at the Step
Ahead Information
Center, across from
the postage stamp
machine.

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

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

WILD ABOUT WATER

Summer is finally here! With the sunny weather beckoning us outside, remember to drink water for health and energy.

How much water do we need?

Our bodies are about 60% water, and need it to function well. According to the Institute of Medicine, an adequate daily intake of water for men is about 13 eight ounce cups, and 9 cups for women. To replace fluids lost through breathing, sweating and urinating, we can drink water, milk, sodas, juices, and other beverages. Remember, though, that water has no sugar or calories, but that juices, milk, and non-diet sodas do. Foods provide about 20% of our water needs, particularly soups, fruits and vegetables. Did you know that watermelon and cucumber are almost all water by weight?

If we do not consume enough water, we can become dehydrated and feel tired, dizzy, lose concentration or have a headache. Even mild dehydration can cause us to be very tired. Drink before feeling thirsty, for thirst is a sign

of dehydration.

Hot weather, pregnancy, breastfeeding, and illnesses such as diarrhea require us to drink more fluids.

How much water should we drink when exercising?

When exercising less than an hour, drink about 1-2 cups extra water. When exercising longer or more intensely, drink 2-3 cups per hour, and more if the weather is very warm.

How can we drink enough water?

- Drink water upon waking
- Drink water between and during meals
- Drink water before, during, and after exercise

If you don't like the taste of water, try one of the flavored waters or seltzers, or adding a slice of lemon.

This information is based upon the Mayo Clinic's health website. For more information see <http://www.mayoclinic.com/health/water/NU00283>.

Drink up!

Recipe of the Week

Balsamic Strawberries

Makes 6 servings

The balsamic vinegar brings out strawberries' beautiful color and flavor. Great served as a topping on low fat ice cream, angel food cake, as dressing on your favorite spinach salad or simply by themselves.

1 pound fresh strawberries, hulled and large berries cut in half
2 Tablespoons balsamic vinegar
3 Tablespoons white sugar
¼ teaspoon ground pepper (optional)

Place strawberries in bowl.
Pour vinegar over strawberries and sprinkle with sugar. Gently stir to combine.
Cover and refrigerate for at least 1 hour but not more than 4 hours to allow flavors to combine. Add ground pepper before serving (optional).

Nutritional information:
Calories: 48
Total Fat: 0g
Sodium: 0mg
Total Carbohydrate: 12g
Dietary Fiber: 1.50g

Tip of the Week

Strawberries are in season! Loaded with antioxidants, they have properties that are shown to help lower the risk of cancer and inflammation, and are an excellent source of Vitamins C and K. Delicious! www.whfoods.com

For local farms where you can pick your own, check out: www.Mass.gov/MASSGrown.

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