

Events this Week

KICK OFF EVENT

Come visit us to learn more about Step Ahead
May 15 – 19
Hospital Lobbies:
7AM – 9:30AM

Cafeteria:
11:15AM - 1:30PM

Hospital Lobbies:
3PM – 6PM

WORKSHOPS

Strength Training:
Easy Physical Activity
You Can Do Anywhere
Using Resistance
Bands
Free bands for participants!

May 17: 12:30PM-1PM
Goff S2-309D

May 18: 5:30PM-6:PM
Goff S2-309D

What is STEP AHEAD?

A program promoting healthy eating and physical activity at work

Step Ahead is a new program for employees at UMassMemorial Medical Center-University campus and UMass Medical School. The Step Ahead philosophy is that small eating and activity choices made each day add up to make a significant impact on weight and health. Our goal is to make healthy choices at work easier by offering education, opportunities and options.

Step Ahead is funded by a grant from the National Heart, Lung and Blood Institute to researchers at UMass Medical School.

Over the next two years, a variety of activities will be available to all who work on this campus.

Things to look for include:

- Information signs and healthy options in the cafeteria
- Signs promoting stair use
- A workshop series on healthy eating and physical activity topics
- Group healthy eating and physical activity events
- A website, information center and newsletter
- Educational materials and tools
- Special events

For more information, please visit our website at www.stepaheadprogram.com or visit our Information Center on the first floor of the hospital in the main hallway.

Recipe of the Week

Served in the University Cafeteria on Thursday, May 18.

Yakitori Domburi

2 lbs. skinless and boneless chicken breasts
3/4 cup low sodium soy sauce
3/4 cup Mirin (also known as rice wine, found with Asian foods or vinegars)
1 1/2 tsp. gingerroot, chopped
1 1/2 tsp. garlic, minced

1 tbsp. canola oil
2 cups water
2 tbsp. sugar
1/4 cup scallions (green onions), sliced

Makes 6 servings

- Mix soy sauce, mirin, gingerroot in medium bowl.
- Heat oil in 12-inch skillet until hot. Cook chicken

over medium heat until brown on both sides and done, about 15 minutes.

- Heat water, sugar and reserved, 1 cup soy mixture and bring to a boil and stir 2 minutes.
- Slice chicken breast.
- Spoon hot liquid over chicken. Garnish with scallions. Serve with brown rice and steamed broccoli.

Nutritional Information:

Calories: 242
Total Fat: 7.15g
Saturated fat: 1.53g
Carbohydrate: 7.43g
Fiber: .40g
Protein: 34.50g

Tip of the Week

Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day. Breakfast also gives you energy to think and learn.

Source: National Institute of Diabetes and Digestive and Kidney Diseases; Weight Control Information Network; <http://win.niddk.nih.gov/index.htm>