

Events this Week

WORKSHOPS

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

June 5: 12:00-12:30PM
Goff S2-309D

June 7: 1:00-1:30 PM
Goff S2-309D

June 8: 4:30-5:00 PM
S1-123

WALK WITH US

Take a walk with our staff to learn quick walking routes that you can do on your break.

All walks begin at the Step Ahead Information Center, located in the main hallway on the first floor of the hospital.

June 5: 9:30 AM
10 Minute Outdoor Route

June 7: 3:00 PM
10 Minute Indoor Route

June 8: 12:00 PM
30 Minute Outdoor Route

Help in setting up a pedometer is available

Walking Groups

To refresh yourself during the work day, take a walk inside or outside the hospital. Even a ten minute walk can increase your energy for the rest of the day. To make it more fun, walk with a "buddy" or put together a walking group with co-workers or fellow walkers. Step Ahead can help you get started.

During the next several weeks, Step Ahead staff members are guiding 10 minute and 30 minute indoor and outdoor walking routes. Look for the meeting times on the calendar, and meet us at our information center on the first floor of the hospital. We also encourage interested walkers to meet each other at noon at the information center. You don't have to sign up, just show up on the days you can make it.

Step Ahead has developed a Walking Group Toolkit that you can obtain at the information center and on the Step Ahead website. The

Toolkit provides these items:

Developing a Walking Group Check List

This list of steps guides you in putting together a walking group.

Tips to Get You Started

Build a walk into the work day, set group goals, and keep track of time or distance walked. For example, set a group goal of walking the number of miles it would take to arrive at a "destination," such as Cape Cod. A pedometer, available at our office in room S7-746, can help you track your distance.

Maps of walking routes

Step Ahead has created maps of 10 minute indoor and outdoor walking routes to get you started - be creative and walk different routes!

Individual and Group Walking Logs

Keep track of minutes, miles and steps walked. The Group Log also tracks walkers.

Recipe of the Week

Available in the University Campus cafeteria on Thursday, June 8

Mediterranean Tuna Wrap

Servings: 1 wrap

Dressing:

1 Tbsp. lemon juice
1/2 Tbsp. capers, drained
1 Tbsp. olive oil
¼ tsp. garlic, minced
¼ tsp. anchovy paste
¼ tsp. black pepper

Tuna Mixture:

4oz light tuna in water, drained
2 Tbsp. tomatoes, chopped
¼ cup celery, chopped
2 Tbsp. red onion, chopped fine
2 Tbsp. red pepper, chopped
1 ½ tsp. fresh basil
1 Tbsp olives (optional)

¼ cup romaine lettuce, shredded

Whole wheat flour tortilla (to lower calories, use whole wheat pita bread instead)

- Combine oil, lemon juice, capers, garlic, anchovy paste, and pepper in large bowl. Wisk dressing together.
- Add tuna, tomatoes, celery, red pepper, olives and chopped romaine lettuce to dressing mixture. Toss well. Place tuna mixture on bottom third of warm tortilla, fold up ends and roll away from you.

Nutritional information:

Calories: 540 (320 calories from tortilla itself)
Total Fat: 20g Saturated Fat: 4g
Carbohydrate: 45g Fiber: 5g

Tip of the Week

Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. This may need a bit more leavening, but it will make it much healthier and it will still taste great!

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