

### Events this Week

### No Gain New Year

Our No Gain New Year Challenge officially ended on Saturday, March 3<sup>rd</sup>. The winners will be announced shortly.

If you have not already done it, please record your last weight by Monday morning March 5 at the very latest. Thanks for taking part in this program!

### WORKSHOPS

**Strength Training:**  
Easy physical activity you can do almost anywhere using resistance bands  
**Friday, March 9:**  
12:00 – 12:30PM  
S1-123

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](mailto:info@stepaheadprogram.com).

## Choosing Fitness Videos

Are you looking for new ways to exercise indoors when the weather's bad? Try yoga, muscle sculpting/toning, kickboxing, or dance with a DVD or video! How do you know which ones are good? Picking a good DVD or video can be a matter of trial and error. Here are some tips:

**Think about your goals.** Do you want to increase cardiovascular fitness or build strength or endurance? There are DVDs designed for specific fitness goals. Read the DVD cover to give you a flavor for what it is about and the fitness level it's geared toward.

**Choose a familiar and respected instructor.** There are a number of fitness instructors and personal trainers who have made names for themselves within the fitness industry. Stick with an instructor you like or are familiar with. Good instructors should be professionally certified. They speak clearly and give easy-to-understand directions. The instructors should demonstrate the moves and show you how to change them to make them easier or harder. They should include a warm up and cool down, and walk you through safety concerns.

**Talk to others.** Do some informal research to get others' opinions. Talk to friends, neighbors, or people at a health club or

recreation center who use fitness DVDs or videos or are familiar with the best instructors. Visit some Web sites and see which names keep popping up. Read the instructor biographies and any available reviews.

**Consider the space or any special props you need to do the workout.** Do you have enough space in your home to perform the workout? Do you need to invest in special equipment? Are you able and willing to spend the money that's required?

**Try Before You Buy.** One easy tip is to rent a DVD or video before you buy it. Local libraries and video stores have fitness videos you can check out. Try it out, and check to see if:

- It's at the right fitness level for you
- It's geared toward an audience you relate to (beginner, competitive athlete, older person, limited mobility)
- It's easy to follow, as opposed to fast-paced and confusing
- It's fun and not boring
- You like the instructor's style
- The music suits you
- It doesn't make unrealistic claims, such as promising a body-builder's physique in one week

From [www.aarp.org](http://www.aarp.org)

## Recipe of the Week

### Spinach Ball Appetizer Makes about 65

2 – 10 oz. packages of frozen chopped spinach, thawed and squeezed dry  
2 cups herbed stuffing mix, crushed (or bread crumbs)  
1 cup grated parmesan cheese  
½ cup Smart Balance or other trans fat free margarine  
4 small green onions, finely chopped  
¾ cup egg substitute  
Dash of nutmeg

- Preheat oven to 350°.
- Combine all ingredients in a large bowl and mix well.
- Shape into 1" balls, cover and refrigerate or freeze until ready to bake.
- Baking: Put on ungreased baking sheet and bake until golden brown (10-15 minutes).
- Serve warm or at room temperature.

Nutrition Information (per spinach ball)  
Calories: 26                      Carbohydrates: 1.7g  
Total fat: 1.7g                      Fiber: .3g  
Saturated fat: .5g                      Protein: 1g

## Tip of the Week

Cross-country skiing uses muscles in your shoulders, back, chest, abdomen, rear-end and legs. You can burn about 700 calories an hour and there is a very low risk for injury.  
[www.24hourfitness.com](http://www.24hourfitness.com)

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)