



Events this Week

QUICK TIPS TABLE

Move Indoors!

Tips for staying active when it is too cold, too wet, too hot or not convenient to exercise outside

Monday, March 12
4:30 - 6:30PM
Cafeteria

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.

No-Gain New Year Results

Congratulations to you if you were among those who weighed themselves during the past 7 weeks and worked to stay at the same weight or to lose weight. There were fifty-one University employees who successfully met this challenge!

Prizes

Everyone who did not gain weight wins a Step Ahead t-shirt. There also were raffle prizes: a massage donated by Jackie Lucchesi, massage therapist, and Worcester Fitness; a tote bag of healthy foods donated by Trader Joe's; and a gift certificate donated by Dick's Sporting Goods. Thanks to the donors for these wonderful and healthy prizes!! The team raffle prize is a Step Ahead healthy lunch for their group.

The best prize of all? Ask these participants: *I've been wanting to shed some weight for awhile but kept procrastinating – I just needed that extra motivation and Step Ahead provided me with that. I'm happy to report that I'm back on track now. I still have an occasional treat. I'm also eating healthier foods too – salads, fish, turkey,*

vegetables (all of which I enjoy!). I enjoy the compliments I receive – it's good to know that others notice a difference in my appearance too. I've got some more weight to lose – but I feel good about myself – I like the way I look now, and like adding new clothes to my wardrobe as well as fitting into those once too-tight clothes. I have a lot more energy.

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I personally find any challenge fun. This one, simply not to gain weight was great. It made me aware of getting on that scale once a week - that helped.

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*I found you really have to focus week to week, and sometimes just day to day. If you do badly yesterday or last week **forget it** and move forward from today. If you get locked into a "defeatist" mentality you're done before you even start the new day/week.*

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"Step ahead" has been great. I'm walking a lot more (no more elevators at work), eating sensibly and drinking lots of water. I've been able to control & lose weight. I used to play basketball 2-3 times a week but with a growing family and a bad knee I don't get to play basketball anymore so I've had to figure out other ways to manage my weight.

Thanks for taking part in a No Gain-New Year!

Recipe of the Week

Vegetable Curry
Makes 5 servings

1 Tbls. canola oil
1 cup chopped onion
1 large garlic clove, pressed or minced
1 14-ounce can diced tomatoes in juice
1 ½ cups water
½ tsp. instant vegetable or chicken broth (bouillon)
1 large potato cut into ½ inch chunks
2 long carrots thinly sliced
1 15-ounce can of chickpeas, drained and rinsed
1 cup of string beans, cut into 1 inch pieces (fresh or frozen)
2 to 3 tsp. curry powder
1/8 tsp. cinnamon
1/8 tsp. ground cardamom
1/8 tsp. crushed red pepper
1/8 to ¼ cup raisins

- In large pot, heat oil over medium heat. Add onion and garlic, cook until softened. Add other ingredients and cover the pot. Simmer over medium-low heat for about 40-45 minutes, until carrots and potatoes are tender. Add more water if it gets too thick.
- Serve over brown rice.

For slow cooker: Combine all ingredients and add 2 Tbls. of quick-cooking tapioca. Cook for 7-9 hours at low heat setting or 3 ½ to 4 ½ hours at high setting.

Adapted from [Better Homes and Gardens Biggest Book of Slow Cooker Recipes](#)

Nutritional Information:

Calories: 288	Carbohydrate: 53g
Fat: 5.4g	Fiber: 10.3g
Saturated fat: 0.5g	Protein: 10.6g

Tip of the Week

Healthy eating starts with healthy food shopping. You can avoid the unhealthy packaged and processed foods in the middle of the store by shopping around the walls of the store - where you'll find fresh fruit, vegetables, poultry, fish and low fat dairy. www.healthcastle.com
To learn more about Step Ahead visit www.stepaheadprogram.com