

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

**Tuesday,
March 27**
11:30AM - 1:30PM
Cafeteria

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.

Exercise and Your Knees

Regular physical activity, even if your knees are bothered by arthritis pain or stiffness, can help keep your knees healthy. It strengthens the muscles and ligaments around the knees, reduces stiffness and builds strength.

Exercise also helps you maintain a healthy weight, particularly important if you have problems with your knees. Every extra pound of weight puts 4 more pounds of pressure on your knees when you walk. If you are overweight, try to lose the extra pounds. Research finds that if you lose 11 pounds, you reduce your risk of developing osteoarthritis in your knees by 50%!

How can you ease pain in your knees while being physically active? First, consult with your physician. Then, try these tips:

- **Warm up.** Before exercising, get your body ready. For example, if you are going to walk or swim, start out slowly for about 5 minutes. Or, stretch to warm up (see below).
- **Stretch.** Do range-of-motion exercises and

stretch your muscles to loosen the ligaments around your knees, and increase mobility.

- **Jump in.** Swim laps or take a water aerobics class to exercise while keeping your body weight off your knees and other joints.
- **Strengthen your muscles.** Strength training strengthens bones and builds muscle around the joints, which can help protect the knees.
- **Avoid high impact.** Avoid jumping and step aerobics where you pound your feet on the floor. These activities can aggravate joint pain.
- **Take care of your feet.** Wear flexible and supportive athletic shoes for walking.
- **Soak.** Soak in a warm bath after exercising or before bed to ease pain.
- **Use ice.** If your knees or other joints do hurt, apply an ice pack, or a bag of frozen vegetables.
- **Listen to your body.** If your joints hurt two hours after exercising, then your body is telling you that you did too much. Do less next time.

References and more information:

www.arthritis.org
<http://www.arthritis.realage.com>

Recipe of the Week

Roasted Rosemary Sweet Potatoes

Serves 4

A tasty source of the antioxidants Vitamin C and beta-carotene, which gives the potatoes their orange color.

2 large sweet potatoes, cut into 1-inch cubes
1 tablespoon olive oil
4-6 cloves peeled garlic, sliced in half
2 teaspoons dried rosemary, crushed
1/2 teaspoon salt

- Preheat oven to 375°.
- Put sweet potatoes in large baking pan.
- Sprinkle olive oil, salt and rosemary over

sweet potatoes. Add garlic and mix until potatoes are well coated.

- Bake for 30-35 minutes. Stir potatoes every 10 minutes for even cooking.
- Remove from oven, cool about 10 minutes.

Enjoy!

Nutritional Information:

Calories: 119
Total Fat: 3.6g
Saturated fat: 0.5g
Carbohydrates: 20g
Dietary Fiber: 3.3g
Protein: 2.2g

Tip of the Week

Looking for meatless meal ideas? Check the recipe library at www.stepaheadprogram.com!

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