



## WORKSHOPS

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

**Thursday, April 19:**  
12:30 – 1:00PM  
S7-308

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@stepahead  
program.com.**

## CHOOSING ATHLETIC SHOES

Taking part in an event such as the American Heart Association's Heart Walk on April 28th is a great way to get into shape, have fun and contribute to a good cause. Comfortable athletic shoes are important to your walking success. Here are tips for buying new shoes:

1. Purchase at a store that specializes in athletic shoes and has a good reputation. Ask at the gym, or ask a sports medicine professional.
2. Wear the same type of sock to the store that you use for the sport or activity. If you use an insert or orthotic, bring it with you. Bring old athletic shoes with you to the store to provide information about fit and stress points.
3. Try on athletic shoes after a workout or run, or at the end of the day.
4. Have your feet measured each time you purchase shoes. As you age, your foot size may gradually change. Also, shoe manufacturers sometimes make changes to a shoe that are not obvious when you look at it. Even if you have purchased what looks like the identical shoe in the past, it is still essential to try shoes on and walk around in them.
5. Look for these things to decide if it fits:
  - You need the width of your index finger between your longest toe and the end of the shoe.
  - When the shoe is on your foot, you should be able to freely wiggle all of your toes.
  - The shoe should bend at the ball of your foot where your toes actually bend.
  - The shoe should fit firmly around your heels, and your heels should not slip as you walk or run.
  - The shoes should be comfortable as soon as you try them on.
6. Wear the shoe for at least 10 minutes in the store to see how it feels.

**Finally, don't wear new shoes or socks for a long walk or in a race!** Wear old socks and shoes instead, or wear the new ones for a few weeks in advance.

**Reference and more information:**  
American Academy of Orthopaedic Surgeons:  
[www.aaos.org](http://www.aaos.org)  
American Academy of Podiatric Sports  
Medicine: [www.aapasm.org](http://www.aapasm.org)

## Recipe of the Week

**Annette's Roasted Chickpeas**  
Makes 7 – ¼ cup servings.

A family favorite snack. Keep a variety of seasonings (like Mrs. Dash) on hand to make any flavor you're in the mood for.

2 teaspoons olive oil  
1 can chickpeas (also called garbanzo beans),  
drained and rinsed  
¼ teaspoon garlic powder  
1/8 teaspoon red pepper flakes  
1/8 teaspoon salt (optional)

- Heat oven to 350° F.
- Place all ingredients in a bowl and lightly toss to coat chickpeas. Put chickpeas on lightly oiled baking sheet that has a rim.
- Put pan on bottom rack of oven. Shake pan every 15 minutes until browned and slightly crunchy. Roast about 45 to 50 minutes.

Recipe adapted from *Weight Watchers*

Nutritional Information per ¼ cup:

Calories: 117	Total Fat: 2.8
Saturated Fat: 0g	Carbohydrates: 18g
Fiber: 4g	Protein: 6g

## Tip of the Week

To get ready for the April 28th Heart Walk, Dr. Ettinger has declared that every Friday in April is "wear your sneakers to work day". Take the opportunity to park further away from the hospital, take the stairs more often, and walk during breaks and lunch!

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