



Events this Week

Earth Day Celebration!

Step Ahead is proud to be one of many informational booths and exhibits for UMMS's Earth Day Celebration.

**Friday, April 27:
10:00AM – 1:30PM
Old Medical School
Lobby**

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.

Living an Active Lifestyle

It's easy to feel overloaded with all of the information available about physical activity. To help people understand it, Dr. Walter Ettinger, President of UMass Memorial Medical Center, recently presented a talk at Marlborough Hospital on living an active lifestyle. Here are his "Top Ten Things to Remember" about being physically active.

1. Being physically active is the most potent way to improve your health.
2. Some physical activity is better than none and, in general, the more the better. Strive for 30 minutes of moderate level activity on most days of the week.
3. Exercise is a great way to be active, but other activities (dancing, hiking, yard work, steps, etc.) count as well.
4. Walking is one of the simplest, safest and best ways to be active.
5. The best exercise is the one you like to do.
6. Physical activity can be helpful when you are trying to lose weight, but you should be physically active no matter what your weight. You can be "fit and fat." If you are at a normal weight, it is still important to be physically active.
7. Being an active person takes work! Don't get discouraged. Keep coming back to it.
8. These are things that might help you stay active: Be active with a friend or spouse, use a step counter, keep a log book, be sure to be active on your days off.
9. If you are just starting, go slowly and build up your activity over several weeks. Remember, you're in this for the long run!
10. Time is the biggest hurdle. Make a plan.

Dr. Ettinger's book: *Fitness After 50* is geared for adults who are 50 and over, but it is loaded with useful information for people of all ages. Contact Step Ahead to find out how to look at or borrow one of our copies.

Recipe of the Week

Spicy Peanut Sauce Makes 2/3 cup

Lower fat version of the favorite Thai sauce. Enjoy on baked or grilled chicken, fish or as a dip for vegetables.

- ¼ cup creamy natural peanut butter (room temperature)
- ¼ cup lite coconut milk
- 2 Tablespoons lime juice
- 1 Tablespoon reduced sodium soy sauce
- 2 teaspoons brown sugar
- ¼ - ½ teaspoon crushed red pepper

- Put all ingredients in a medium bowl. Whisk together until very smooth.

Recipe adapted from *Healthy in a Hurry* by [Eating Well](#)

Nutritional Information (per tablespoon):

Calories: 50
Fat: 4g
Saturated fat: 1g
Carbohydrates: 0g
Fiber: 0g
Protein: 2g

Tip of the Week

Celebrate National TV-turn off week, from April 23-29! For more information, visit <http://www.tvturnoff.org/week.htm>.

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