



*Events this Week*

**QUICK TIPS**  
**TABLE**

**Move Outdoors!**

Stop by our table for tips on a variety of activities to keep you moving outdoors in the nice weather.

**Monday, May 7:**  
11:30AM – 1:30PM  
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](mailto:info@stepaheadprogram.com).

**Move Outdoors**

May is National Physical Fitness and Sports Month! Spring is a great time to warm up and get into shape. Stop by our Move Outdoors! Quick Tips table for more information, including local trail locations.

**Step Ahead recommends:**

- Work up to 30 minutes of activity a day or more.
- Do both aerobic and strength training activities.
- Be active most days of the week.
- Make exercise part of your routine.
- Add in some variety to keep it interesting and get a “cross training” benefit.
- Get the most from your activity! As you get stronger, exercise harder or for a longer time or more often.
- Include a warm-up period before each exercise session and cool-down period afterward.

**Work your lungs, heart and muscles!**

- In **aerobic fitness**, your heart, lungs and blood vessels are in shape and work

effectively. Aerobic exercise includes walking, running, dancing, swimming, fitness classes, cycling and most sports.

- **Muscle fitness** includes strength and endurance, the ability to perform a task repeatedly. Muscle fitness is increased by strength training using the weight of your body, free weights, resistance bands, weight machines or other equipment.

**How often should I exercise?**

- When you are **adding activity into your daily routine** (taking stairs instead of the elevator, walking from the far end of the parking lot), try to do it every day!
- For **aerobic activities** start with twice a week. As you become more fit, you can add more. These can be done on consecutive days.
- For **strength training** start with twice a week. Always skip at least one day between strength training sessions to allow muscles to recover.
- If you are starting **both aerobic and strength training** activities, plan a **total** of three to four sessions a week. Add more sessions as you become more fit.

**Recipe of the Week**

Chicken with Sun-Dried Tomatoes  
4 servings

Use sun-dried tomatoes that are not packed in oil or liquid.

- ½ cup sun-dried tomatoes, coarsely chopped
- 4 boneless, skinless chicken breast halves (about 4 ounces each)
- Salt & black pepper
- 1 Tbls. olive oil
- 2 Tbls. finely chopped onions (or shallots)
- 1 cup dry white wine (or low sodium chicken broth)
- 2 Tbls. lemon juice
- ½ tsp. dried thyme
- ½ tsp. dried marjoram
- 1 ½ cups water
- 1 bag mixed salad greens, washed

- In a small bowl, soak sun-dried tomatoes in ½ cup warm water. Set aside.
- Salt and pepper both sides of the chicken

- breasts.
- Heat oil in a large pot over medium heat. Add onions (or shallots) and cook for 3 minutes, stirring until softened. Increase the heat to high and add the wine (or low sodium chicken broth), lemon juice, thyme, marjoram and sun-dried tomatoes. Cook for 1 minute. Add the chicken breasts. Pour in enough water to cover. Reduce heat to medium-low and cook for 12 - 14 minutes, until the chicken is cooked. Transfer cooked chicken breasts to a clean plate and cover loosely to keep warm.
- Cook the liquid for 10 minutes or until it has reduced by half. Remove from the heat.
- To serve, divide the salad greens among individual plates and place a chicken breast on top. Garnish with the sun-dried tomato mixture and drizzle the sauce over the top.

Nutritional Information per serving:

|                   |                   |
|-------------------|-------------------|
| Calories: 293     | Total Fat: 7g     |
| Saturated fat: 2g | Carbohydrates: 7g |
| Fiber: 3g         | Protein: 36g      |

**Tip of the Week**

The UMass Center for Health and Fitness invites you to an Open House on Tuesday, May 8 from 7 AM to 6 PM. Stop by the Fitness Center on A level to learn more about employee exercise programs and cardiac and pulmonary rehabilitation programs.

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