



Events this Week

No Gain New Year Sign Up

Most American adults gain 1 to 2 pounds each year. Step Ahead wants to help you fight that trend! Weigh yourself weekly, feel good and win prizes! Sign up January 8th – 19th! A Step Ahead table will be in these locations according to this schedule:

Mon., January 8:
11:30AM – 1:00PM
Cafeteria

Wed., January 10:
11:30AM – 1:00PM
Cafeteria

Thurs., January 11:
2:30 – 4:00PM
Remillard Family Pavilion

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.

Make it a No-Gain New Year!

Step Ahead challenges you to stay at your current weight or lose weight for the next seven weeks. Most American adults gain 1 to 2 pounds each year. Step Ahead wants to help you fight that trend! Research shows that people who weigh themselves often are less likely to gain weight.

Signing Up and Teaming Up

From January 8-19, sign up and start the challenge. Stop by one of our sign-up tables; the schedule is in the left column of this newsletter. Also, you may sign up by phone by calling 508/856-2319 or 800/522-4617 or by email at info@stepaheadprogram.com. Everyone participates as an individual in this challenge but you can also create a team for support. Teams who succeed at the challenge are eligible for an extra raffle prize!

Weighing in

- Pick your first weigh-in day – any day between January 8 and January 19.
- Weigh yourself at the Fitness Center on A level (M-F 7 am – 6 pm) OR use another scale if it is easier for you.
- Use the Step Ahead chart to track weight.
- Weigh yourself every week for seven weeks (try for the same day of the week and the same scale).

- Keep your chart in the binder by the scale in the Fitness Center if you like. If you keep your chart in the binder, you do not need to send it in. Step Ahead staff will check it every week.
- If you keep your own chart, let us know each week by fax, email, or phone how your weight has changed.

Using a code name

When you sign up, you will make up and give us a code name. Your weight chart will only have your code name written on it, not your real name. You will always use this code name, whether you choose to keep your weight chart at the Fitness Center, or tell us of your change in weight each week. This will keep your information private.

Prizes will be awarded March 5!

Step Ahead T-Shirts: to everyone who has not gained weight at the end of the challenge.

Raffles:

- Everyone who records or sends in all 7 weekly weights is entered into a raffle for a massage!
- Every team where each member does not gain weight is entered into another raffle!

For more information on getting to and staying at a healthy weight, see the "healthy weight" section of the Step Ahead website (www.stepaheadprogram.com).

Recipe of the Week

Roasted Red pepper Cannellini bean dip

Makes 8 – ¼ cup servings

Serve this Mediterranean inspired dip with cut veggies or pita chips.

¼ cup chopped fresh basil
2 teaspoons balsamic vinegar
1 (16-ounce) can cannellini beans, drained and rinsed
1 (7-ounce) bottle roasted red bell peppers, drained and rinsed
1 – 2 large garlic cloves, chopped
2 Tablespoons olive oil

¼ teaspoon salt
½ teaspoon ground black pepper

Place ingredients in a food processor; process until smooth.

Recipe adapted from *Cooking Light* magazine.

Nutrition Information (per ¼ cup)

Calories 62	Fat 3.5g
Saturated fat 0.5g	Carbohydrate 6g
Fiber 1.5g	Protein 1.5g

Save this and all the January recipes for your Super Bowl party!

Tip of the Week

Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin. www.diabetes.org

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