



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.

Wed., May 30:
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.

Many Ways to See Progress

Sometimes you can work hard and do all the “right” things, like eat healthy foods and get regular exercise, but you do not lose weight. Don’t be discouraged! There are many ways to tell that you are becoming healthier.

Do you have more energy?

People usually have more energy when they eat better and are more active. Often they sleep better too. Enjoy it!

Do your clothes fit better?

Even though you may not have lost weight, you may have toned muscles or even gained more muscle. If you have been doing strength training activities, this would be a likely outcome. Added muscle is a good thing for your body. You may find it easier to do things like lifting groceries and climbing stairs. Also, you may find that clothes that were a little snug actually fit better now!

Are your measurements smaller?

If you measured your waist, hips, arms or

other parts of your body when you started exercising and eating well, you may find that you have lost an inch or two!

Do you feel better?

Many people report feeling better physically and being in better moods when they exercise more. Exercise can even help people with chronic illnesses or depression to feel better.

Keep up the good work!

A healthier lifestyle is good for you in many ways. As you continue, remember that weight loss occurs when you burn more calories than you eat. Setting realistic short-term goals, keeping track of physical activity and what you eat, and weighing yourself every week or more often, are proven techniques to help you lose weight and keep it off. As you make progress, keep setting new goals for yourself. The important thing is to keep going!

Reference:

www.sparkpeople.com

Recipe of the Week

Hummus Dip

Makes 2 cups

Hummus is a creamy bean spread that can be used as a sandwich filling, or served as a dip with fresh vegetables or wedges of whole wheat pita bread.

- 1 15-ounce can garbanzo beans (chickpeas), drained and rinsed
- 3 Tablespoons tahini (sesame seed butter)
- ¼ cup lemon juice
- ¼ teaspoon cumin (optional)
- 3 garlic cloves, chopped
- ¼ cup chopped parsley
- ¼ teaspoon salt

- Drain and rinse beans. Add to the food processor or blender along with tahini, lemon juice, cumin, garlic, chopped parsley and paprika. Process until very smooth: about two minutes. The mixture should be moist and spreadable. If it is too dry, add water as needed for a smoother texture.

Nutritional Information (per 2 tablespoon serving):

Calories: 62	Fat: 2g
Saturated Fat: 0g	Carbohydrates: 8g
Fiber: 2g	Protein: 3g

Tip of the Week

Microwaving food safely is part of healthy eating. Use only microwave-safe containers. Do not use plastic storage or frozen dinner containers, take-out containers, margarine tubs, or plastic wrap because they may leak harmful chemicals into your food.

<http://www.healthobservatory.org/library.cfm?RefID=77083>

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