

Events this Week

Portion Distortion: Making Sense of Serving Sizes

How big is a serving? What is the difference between a serving and a portion? Stop by the Step Ahead Quick Tips table to help navigate through the confusion!

Wednesday, June 6
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.

Try 10 Minutes of Physical Activity

Does the idea of 30 to 90 minutes of exercise seem overwhelming? Maybe you think you don't have enough time. Or, maybe you've had trouble just getting started with an exercise program.

If this sounds familiar, try exercising for shorter amounts of time. It can still help you feel better and manage your weight. Doing a few 10-minute sessions of exercise is a great way to be active each day. If you plan to exercise for just a short time period, you may end up exercising more often. And by starting with 10 minutes at a time, you can build exercise into your daily routine.

As you get used to 10-minute exercise sessions, you can work on increasing the amount of exercise you get. You can:

- Exercise for 10 minutes, three times a day. This is as just as good for you as one 30-minute session and is often easier to fit in your schedule.
- When you reach the 10-minute mark, challenge yourself to do another 10 minutes. If you set small goals and then exceed them, you may actually exercise longer than if you

had set bigger goals at the start!

Quick activity ideas

Try some of these ideas for 10 minutes at a time to help you get moving.

- Speed-clean your house or apartment.
- Dance with a partner, children, or by yourself.
- Skip around the yard or playground with children.
- Walk from the far end of a parking lot.
- Take extra flights of stairs.
- Do Step Ahead's Strength Training routine, one set of 10 repetitions.
- Bike around the neighborhood.
- Walk to visit a neighbor.
- Weed a garden or rake the yard.
- Stretch.
- Take a walk on your lunch break.
- Sweep the deck, patio, garage, walkway or kitchen.
- Run through the sprinkler on a hot day.
- Wash your car as fast as you can.
- Mow the lawn with a push mower.
- Walk the dog.

Reference:

www.sparkpeople.com

Recipe of the Week

Sesame Broccoli

Makes 4 (1 cup servings)

1-½ pounds broccoli (fresh or frozen spears)
1 teaspoon canola or olive oil
2 teaspoons sesame seeds
1 Tablespoon lemon juice
1 Tablespoon reduced-sodium soy sauce
2 teaspoons sugar

- Cut broccoli into large pieces and place in vegetable steamer over boiling water.

- Cover and steam 5-6 minutes or until bright green. Drain; place broccoli in serving bowl.
- Heat oil in small saucepan over medium heat. Add sesame seeds; cook until lightly browned. Add lemon juice, soy sauce, and sugar; bring to a boil. Remove from heat and pour over broccoli, stirring to coat.

Nutrition Information (per cup):

Calories: 77 Carbohydrates: 11g
Fat: 2.2g Fiber: 5g
Saturated Fat: 0g Protein: 6g

Tip of the Week

Do you find yourself buying more unhealthy snacks from the vending machines than you would like? Toss the coins you would use into a separate jar to save for something special. Then, have fruit and water for your snack instead.

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