

## Events this Week

### Quick Tips Display

### Quick and Healthy Dinners featuring the new Salad Savvy Recipe Book

Stop by and ask questions and pick up a terrific packet of information, ideas, recipes and dinner menus! Also, pick up a copy of our new salad savvy recipe book with 16 recipes for main dish salads, side salads and dressings, including healthier versions of old favorites and exciting new ideas.

**Friday, June 22:  
8:00 – 9:30am  
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](mailto:info@stepaheadprogram.com).**

## Water Workouts

Ahhh....it's great to cool off during the heat of summer in a pool, lake or the ocean. Being in the water is also a wonderful opportunity to move your body for a great workout that is also fun. It is a great way to be active with family and friends!

### Swimming

Swimming strengthens your muscles, heart and lungs, and builds endurance so you can exercise for longer periods of time. Thirty minutes of moderate swimming also burns approximately 200 calories. The most common way to swim for exercise is to swim laps.

- In a pool you can keep track of your swimming by how much time you spend or how far you swim. Most lap pools are 25 meters in length, and 16 laps (32 lengths) is about ½ mile.
- In a lake or the ocean you can swim laps by choosing two landmarks on land, such as houses or docks, and swim back and forth in the water between them.

### Other ways to exercise in the water

If you are not comfortable swimming or don't enjoy it, there are many other ways to exercise in the water.

- Participate in a water aerobics class
- Walk or run in the water
- Kick while holding on to a kickboard
- Kick while holding on to the side of a pool, float or dock, using the flutter kick or the breaststroke kick. This can be a way to move your legs while staying in one place. This is especially useful if you are swimming with children!

### Easing pain and stiffness

Exercising in the water does not put stress on your joints. This can be particularly important if you are bothered by arthritis, an injury, or other problems that cause pain or stiffness. If you have arthritis or pain in your joints, it may be particularly helpful to exercise in warm water. It can be a gentle way to move, and can help to ease stiffness in your joints.

Enjoy the water!

## Recipe of the Week

### Chicken Nuggets 4 servings

12 ounces chicken breast, boneless, skinless  
1 cup Corn Flakes  
1 tsp paprika  
½ tsp Italian herb seasoning  
½ tsp garlic powder  
¼ tsp onion powder  
½ tsp salt  
Cooking spray

- Heat oven to 400°.
- Cut chicken breasts into bite-sized pieces, set aside.
- Place corn flakes in large zip lock plastic bag crush using a rolling pin.

- Add paprika, Italian herb, garlic, onion powder and salt to crushed cornflakes. Close bag and shake until blended.
- Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
- Lightly spray a cooking sheet.
- Place chicken pieces on cooking sheet so they are not touching.
- Bake until golden brown, about 12-14 minutes

Dipping sauces: Low fat ranch dressing, Salsa, Bar-B-Q sauce

Nutritional Information (without dipping sauce):  
Calories: 134                      Carbohydrates: 6.5g  
Fat: 2.5g                              Fiber: 0.5g  
Saturated Fat: 0.8g                Protein: 19g

Recipe adapted from [Wellspring Wt. Loss center](#) web site.

## Tip of the Week

Hot off the press! Stop by Step Ahead's Quick & Healthy Dinner display this week to pick up Step Ahead's new Salad Savvy Recipe book. Enjoy!

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