

Events this Week

Farmers' Market
Tuesday, August 14:
1:00 – 5:00pm
On the Terrace outside
the Medical School
Entrance

Strength Training:
Easy Physical
Activity You Can Do
Almost Anywhere
Using Resistance
Bands

A 30-minute workshop
that demonstrates a
10-minute routine.
Participants receive a
resistance band.
Beginners welcome!
Thursday, August 16:
12 – 12:30PM
Faculty Conference
Room

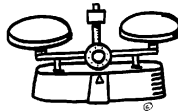
Family Hike Nights
Wed August 8, 15
and 22
6 pm sponsored by the
City of Worcester
call 508-799-1190 to
RSVP and for
information

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@stepahead
program.com.**

Energy Balance

When you think of maintaining or losing weight, the idea of “energy balance” may be helpful. The term refers to the balance between calories we eat and drink, and the calories our bodies use. Many things affect how many calories our bodies use, such as physical activity, body size, the amount of muscle in our bodies and even prescription medicines. The basic idea is this: If we eat and drink as many calories as we use, then we stay the same weight. If we eat or drink more calories than we use, we gain weight. If we use more calories than we eat, we lose weight.



100 calories can make a difference!

Think of a food that has around 100 calories such as one tablespoon of peanut butter, 4 Hershey kisses or ½ can of cola. If you were to eat or drink 100 more calories a day for a year, you would gain 10 pounds.

Now think of physical activities that burn 100 calories. Some examples are biking for 10 minutes, or walking or skipping for 15 minutes. You can even burn about 100 calories just by cleaning the house for 20 minutes! These are estimates based on a 150-pound person. If you were to add one of these activities to your routine each day for a year, you would not gain weight from eating that extra 100 calories a day.

Keeping in mind the idea of “energy balance,” if you cut down by 250 calories a day you would lose about two pounds per month. Cut down on calories by eating or drinking fewer calories, being more active, or doing both! Small changes of eating smaller portions, choosing healthier foods and being more active can help you to lose weight and keep the weight off over time.

References

American Heart Association. No-Fad Diet: A personal plan for healthy weight loss, pp. 12-14; <http://www.cancer.gov>; <http://www.ivillage.co.uk>; <http://www.caloriecheckbook.com>; Clip art licensed from the Clip Art Gallery on DiscoverySchool.com.

Recipe of the Week

Tuna Pasta Salad 6 Servings

Salad:

2 cups uncooked whole wheat pasta (penne, rigatoni, macaroni)
2 cups broccoli florets, fresh
2 cans (6 ounces each) tuna packed in water, drained
2 or 3 green onions (scallions), sliced
1 cup cherry tomatoes, cut in half

Dressing:

2/3 cup reduced fat mayonnaise (or reduced fat Miracle Whip type salad dressing)

½ teaspoon sugar
1 teaspoon lemon juice
1/8 teaspoon ground black pepper

- Cook pasta according to package directions. During the last minute of cooking, add broccoli florets. Drain noodles and broccoli. Rinse immediately with very cold water.
- In small bowl, mix together dressing ingredients.
- In a large bowl, combine the cooled cooked pasta, broccoli, tuna, green onions, tomatoes and dressing.
- Refrigerate until ready to eat.

Nutrition Information

Calories: 191	Carbohydrate: 18g
Total fat: 6g	Fiber: 2.4g
Saturated fat: 1g	Protein: 16g

Tip of the Week

When you choose snack foods, be sure to check the ingredient list for partially hydrogenated oils (trans fat) and avoid those products that contain them. Many of the 100-calorie packs of crackers, chips and cookies do contain these unhealthy fats.

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