



Events this Week

Farmers' Market

Tuesday, Sept. 11:

1:00 – 5:00pm

On the Terrace outside the Medical School Entrance

Walk & Win Sign Up

Monday, Sept. 10

11:30AM – 1:30PM

Cafeteria

Tuesday, Sept. 11

3:00 – 5:00PM,

Farmers' Market Table AND 5:00 – 6:30PM, Cafeteria

Thursday, Sept. 13

11:30AM – 1:30PM

Cafeteria

Friday, Sept. 14

7:00 – 9:00AM

Lakeside area near the new coffee cart

Walking Group quick Tips Table

Thursday, Sept. 27:

11:30AM – 1:30PM

Cafeteria

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.

Create a Walking Group

Walking with other people on your breaks is a great way to stay physically active, whether you do our virtual 'walk' around the Mediterranean Sea, or simply walk with others during breaks. If you make a commitment to each other to walk, it will help you all stick with it! The Step Ahead Walking Group Quick Tips table and toolkit at www.stepaheadprogram.com are designed to help you and your co-workers get going.

Put together a walking group

Here are some ideas to help get your group going.

Trouble finding the time? It is best to schedule your walk ahead of time, rather than do it on the fly. You can also use the walk as a time to talk about work-related issues if everyone agrees.

Be prepared. Keep comfortable walking shoes, and even walking clothes at work.

Set goals for your group. There are lots of ways to help your group get and stay motivated.

- Walk to a fun imaginary "destination."
- Get competitive. Find another walking group

to compete against. Set a goal to achieve, like total number of minutes, total number of miles or steps, or a destination.

Want to know how you're doing? There are several ways to monitor how your group is doing. Step Ahead has a Group Walking Log that you can use to:

- Track the amount of time your group walks.
- Track the distance that your group walks by counting steps. Your group members will need to wear pedometers, or step counters.
- Track the distance that your group walks by counting miles. Have your group walk along a route with measured distances.
- Track the number of days per week each person walks.

Reward yourselves! Once you've reached your goal, do something special. Have a healthy meal together or do something else fun.

Getting bored with the same walking route? Step Ahead has indoor and outdoor walking routes right here at the hospital for you to use.

Visit our Walking Group Quick Tips table for more information. The schedule is on the left column. Have fun!

Recipe of the Week

Crunchy Ramen Coleslaw 6 Servings

Dressing:

2 Tablespoons olive oil
2 Tablespoons balsamic vinegar
1 teaspoon low-sodium soy sauce
ground pepper to taste

Salad:

3 cups shredded cabbage
2 green onions (scallions), finely sliced
1 cup grated carrot
3 Tablespoons sunflower seeds
½ package ramen noodles, uncooked (seasoning removed)

- In a small bowl, mix together dressing ingredients.
- In large bowl, combine salad ingredients cabbage, green onions, carrots and sunflower seeds. Break block of ramen noodles in half. Use a rolling pin or glass bottle and roll over uncooked noodles to break into small pieces. Toss salad with dressing. Add noodles to salad right before serving.

Nutrition Information

Calories: 106 Carbohydrates: 9.7g
Total fat: 7g Fiber: 1.7g
Saturated fat: 1.3g Protein: 2g

Recipe adapted from [Feeding the Whole Family](#) by Cynthia Lair

Tip of the Week

If you eat healthy foods in appropriate portion sizes most of the time, an occasional small treat of less healthy foods is fine. In fact, allowing yourself to eat all kinds of food in moderation may make it easier to eat healthy in the long run.

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