



### Events this Week

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

**Monday, Sept. 17:**  
12:00 – 12:30PM  
S1-853  
Graduate School of  
Nursing Conference  
Room

**Farmers' Market  
Tuesday, Sept. 18:**  
1:00 – 5:00pm  
On the Terrace outside  
the Medical School  
Entrance

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.**

## The Center for Health & Fitness

A wonderful resource that we have right here at the University Campus is the Center for Health & Fitness. As an employee, you are welcome to take advantage of its many offerings to help you stay fit. You can join classes or work out on your own using cardio equipment and weights. You pay only for what you want to use, either the classes or the cardio and weight equipment.

### Cardio and weight equipment

You sign up to use the cardio and weight equipment for 3 months, 6 months or a year. It begins with a brief fitness evaluation and orientation to the equipment. Exercise Physiologists then help you develop your individual exercise program. They will advise you about how often, how long, and how hard to exercise and they also offer advice for specific health needs.

The Center has new equipment, such as:

- CYBEX modular weight training equipment
- Treadmills and elliptical cross-trainers

- Stationary bicycles
- Rowing machines
- Stair steppers
- Upper body ergometer
- Air-Dyne bicycles

### Group fitness classes

The Center for Health & Fitness offers a variety of group fitness classes. The sessions are 12 weeks long and there is a nice variety of classes, such as:

- Step
- Muscle conditioning
- Aerobics: high or low impact

The Center for Health & Fitness is located at SA-107, on the A-level of the Medical School, in the hall behind the Public Safety/Parking Office. The hours are:

Monday-Friday: 7:00 AM – 9:30 AM  
11:00 AM – 1:30 PM  
3:00 PM – 6:00 PM

Come on down!

## Recipe of the Week

### Tangy Moroccan Chicken

1 pound skinless and boneless chicken breasts  
split into 4 pieces  
1/2 teaspoon salt  
1/8 teaspoon black pepper  
1 teaspoon nutmeg  
1 1/2 cup orange juice  
1/4 cup honey  
1/4 cup raisins

2 tablespoons cornstarch  
2 tablespoons water  
1/4 cup sliced almonds

- Lightly flatten chicken breasts. Sprinkle both sides with nutmeg, salt and pepper.

Combine orange juice, honey and raisins in a large skillet. Add chicken. Cover and simmer 15 – 20 minutes until chicken is tender. Remove the cooked chicken and put on a clean plate. In a small bowl, dissolve cornstarch in water. Stir mixture into the warm orange sauce. Cook until sauce is thickened. Return the chicken to the skillet. Stir in almonds.

- Serve chicken and sauce over couscous or brown rice prepared according to package.

#### Nutritional information:

Calories: 325	Carbohydrate: 35g
Fat: 8g	Fiber: 1.8g
Saturated fat: 1.5g	Protein: 35g

## Tip of the Week

Get a taste of the Mediterranean right here at UMass. During the Walk and Win around the Mediterranean challenge, the cafeteria will offer Mediterranean-inspired entrees on Thursdays.

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