

Events this Week

Farmers' Market
Tuesday, Sept. 25:
1:00 – 5:00pm
On the Terrace outside
the Medical School
Entrance

Walking Group Quick Tips Display

A walking group is a great way to have more fun while you walk and help you stick with it over time. Stop by our table for some great tips on starting your group and keeping it going.

Thursday, Sept. 27
11:30 – 1:30pm
Cafeteria

If you are participating in our Walk and Win challenge, please remember to send in your activity sheets for week 1!

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.

Exercising Can Help Manage Stress

Everyone has their own way of reacting to life's pressures and challenges. A little bit of stress can help you gather the energy you need to finish a task, but too much stress can be hard on your body and your mind, causing you to feel overwhelmed, tense, or angry.

Your body feels it too. Stress produces chemicals in your body that help you react to problems. If there is too much stress, those chemicals can play a role in many health problems, such as heart disease, high blood pressure, and depression. It may even cause you to make more mistakes and to have more accidents.

Exercise and stress

Exercise can help to reduce stress, which is good for the body and mind. Not only does it reduce these chemicals related to stress in the body, but it also can release tension in your muscles. Exercise can also help you to take your mind off your challenges and think of other things.

Aerobic exercise

Physical activity that makes your heart beat faster is not only good for your heart, but can

help reduce stress. Work out so that your heart beats faster and you sweat a little, but you can still talk as you move. Do things that you enjoy, such as walking, swimming, jogging, riding a bike, or using an exercise machine.

Soothing exercise

Another way to relieve stress is to do an activity that helps you calm down. Things like stretching, yoga, tai chi, or a walk where you can slow down to enjoy the world around you, can help to slow your heart beat and relax your muscles.

Take a Break

You can exercise during short breaks during work or home hours. Take a walk by yourself or with co-workers. If it is hard to find time to exercise and spend time with family, do it together!

Ahhhhh, feel better? Every little bit helps.

Resources:

- Slothower, L. Exercise and Stress. Santa Cruz: Journeyworks Publishing, 2004.
- www.helpguide.org/mental/stress_signs.htm

Recipe of the Week

Tortilla Espanola (Spanish Omelet)

Makes 4 servings

2 Tablespoons olive oil
4 medium potatoes, thinly sliced
1 medium white onion, chopped
4 eggs, scrambled in a large bowl
¼ teaspoon salt
Dash cayenne pepper (to taste)
Cooking spray

- In a large skillet over medium-high heat, add the olive oil until the bottom of the pan is covered. Once the oil is hot, add the potato slices and onion, and toss until well covered. Cook for approximately 20 minutes until the potatoes and onions are soft. Drain the oil.
- Put the potato mixture in a medium bowl add

eggs and seasonings. Mix well. Wipe the skillet out with a clean paper towel.

- Spray skillet with cooking spray and heat over medium-high heat. Pour in the potato, egg and onion mixture. Lower the heat to medium-low and cook for 4 to 5 minutes, until the bottom of the omelet is very light brown. Using a flat plate, cover the frying pan and flip the omelet over on to the plate. Immediately slip the uncooked side back into the pan. Cook for another 4 to 5 minutes, until the other side is a very light brown.
- Remove the omelet from the pan to a plate and cut into 4 wedges. Serve warm or at room temperature.

Recipe adapted from foodnetwork.com

Nutritional Information:

Calories: 291	Carbohydrates: 38g
Total Fat: 11g	Fiber: 5g
Saturated Fat: 2g	Protein: 9g

Goal of the Week

Set a goal to be more active this week! Include how many minutes you want to spend exercising and what days of the week you want to do it.

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