



Events this Week

No Gain New Year Sign Up

Update: 104 people are participating at this campus!

Quick Tips Table

Make Sense of Serving Sizes and Portions - How big is a serving? What is the difference between a serving and a portion? Step Ahead can help cut the confusion!

Tues., January 23
11:30 AM - 1:00 PM
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.

Don't be a cold weather couch potato!

We knew it would catch up with us! Winter has finally arrived. It is very important to stay active even though the cold weather is here. Cold weather can put extra strain on your body, so keep strengthening it through physical activity! Here are some ideas.

Focus on indoor activities

Check local malls or schools for indoor walking groups or programs. Try an exercise class, lap swimming or exercise machines at a gym. At home, rent an exercise video or DVD or put on some lively music for dancing. March around the room, do strength training with bands or weights, or simply keep on the move while you watch TV. At work, remember the Step Ahead indoor walk routes, and use the stairs instead of the elevator whenever you need to move between floors.

Have fun outside

Exercise **increases your rate of metabolism**, which may help you feel more comfortable in the cold. Enjoy the brisk cool air while ice skating! As ski areas make snow even if we do not have any to enjoy around us, try some downhill skiing. When we do have snow, you can snowshoe, cross country ski and play around.

Exercise can help you stay healthy

There are benefits of physical activity that are particularly important in the winter. One is that **exercise helps the immune system**. Regular moderate exercise (brisk walking, aerobics, swimming, and other similar activities) can lessen your chances of catching the bugs going around during the winter. Another is **improved balance and stronger muscles**, which help reduce the risk of falling, especially important with ice and snow.

What if you already have a cold or other illness?

If you have a mild cold, you may feel better after light exercise. It is best not to exercise if you don't feel well, especially if you have a fever or pain from the flu. Let your body recover by eating healthy foods, drinking water, and resting. If you have a fever, wait at least 48 hours after it is gone to exercise. Start slowly, and listen to your body.

For more information:

www.strongwomen.com
<http://sportsmedicine.about.com>
www.webmd.com

Ettinger, W.H., Wright, B.S., Blair, S.N. 2006. *Fitness after 50: Add years to your life and life to your years*. Champaign, IL: Human Kinetics.

Recipe of the Week

Save this and all the January recipes for your football parties!

Hot Artichoke-Spinach Dip

- 1 cup chopped artichoke hearts (canned in water or frozen and thawed)
- 1/2 cup (generous) frozen chopped spinach, thawed
- 8 oz. reduced fat cream cheese
- 1/2 cup grated parmesan cheese
- 1/2 tsp. crushed red pepper flakes
- 1/4 tsp. salt
- 1/4 tsp. garlic powder
- Boil spinach and artichoke hearts in 1 cup

water in small saucepan over medium heat until tender, about 10 min. Drain in colander when done.

- Heat cream cheese in small bowl in microwave set on high, for 1 min. Or, use a saucepan to heat cheese over medium heat just until hot.
- Add spinach/artichoke mixture to cream cheese and stir well.
- Add remaining ingredients and mix. Serve warm with Triscuits or Wheat Thins.

Recipe adapted from *Top Secret Recipes*

Nutritional Information (per 1/2 cup):

Calories: 86	Carbohydrates: 4.2g
Total Fat: 5.5g	Fiber: 1.3g
Saturated Fat: 3.4g	Protein: 5.3g

Tip of the Week

Save calories (and money) by sharing an entree when eating out!

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