

Events this Week

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

**Tuesday, October 9:
12:00 – 12:30PM
S2-321**

**Farmers' Market
Tuesday, October 9:
1:00 – 5:00pm**
On the Terrace outside
the Medical School
Entrance

If you are
participating in our
Walk and Win
challenge, please
remember to send in
your activity sheets
for week 3.

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.

Dance! It's Fun and Good for You

What do salsa, polka, contra, hip-hop, belly, disco, square, swing, shag, lindy, foxtrot, and ballroom have in common? They are all types of dancing, and all can be good for your heart, body, and weight! Yes, dance is a form of exercise, and can be good for you in many ways. It can also be a way to listen to your favorite music, to spend time with friends, and to meet new people.

Dancing to exercise

Dance can be a fun way, to get your heart pumping, and to burn calories. You burn calories when you twirl, wiggle, stomp, slide, and dip. The faster, longer, and harder that you dance, the more calories you will burn. A person who weighs 140-150 pounds can burn more than 288 calories when dancing at a moderate pace for one hour! If you weigh more, you burn more calories.

Not only does dancing burn calories, it is a low-impact workout that is friendly to your knees and other joints. Most types of dancing don't involve jumping up and down, but rather swaying, sashaying, or even spinning. These movements keep your feet close to the

ground, so that you do not pound your joints.

Dancing to stretch

As you twirl around the dance floor, you are gently stretching muscles throughout your body. This stretching can also increase your flexibility.

Dancing to music

Dance is a way to listen to music you enjoy, spend time with others, and to exercise at the same time. There are many types of music to accompany a wide variety of dances.

Getting started

If you are new to dancing, think of what kind of music you enjoy, and look for ways to dance to it! If you don't really know how to dance or feel awkward doing it, look for classes at a gym or adult education program or lessons with local dance organizations. As you grow to be more comfortable with it, look for social clubs or dance nights.

Resources:

<http://www.mayoclinic.com/health/belly-dancing/AN01491>
<http://www.mayoclinic.com/health/exercise/SM00109>
<http://www.arthurmurraylasvegas.com/>

Recipe of the Week

Italian Baked Fish Serves 6

2 pounds Haddock (any white fish)
½ medium onion, chopped
1 Cup sliced mushrooms
1 Tablespoon olive oil
½ Cup tomato sauce
¼ Cup water (or white wine)
¾ tsp. Italian seasoning (or a mixture of
Oregano and Basil)

- Preheat oven to 350° F.
- Place fish in baking dish.
- Cook onions and mushrooms in olive oil,

until onions are translucent. Add
tomato sauce. Spoon mixture over fish.
Sprinkle fish with water (or wine) and
seasoning.

- Bake for 20-30 minutes until fish flakes
easily with fork.

Nutritional Information

Calories: 171
Total Fat: 4g
Saturated Fat: 0.7g
Carbohydrates: 3g
Fiber: 1g
Protein: 29g

Goal of the Week

Try to increase the amount time you exercise each day by 10 minutes.

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