

Events this Week

Farmers' Market
Tuesday,
October 23:
1:00 – 5:00pm
On the Terrace
outside the Medical
School Entrance

Healthy Holidays
Quick Tips Table
Gaining weight is one
holiday tradition no
one wants to keep!
Step Ahead can help
you have a healthy
holiday. Stop by for
great ideas, recipes
and more.

Friday, October 26:
7:00AM – 9:00AM
Lakeside Lobby

If you are
participating in our
Walk and Win
challenge, please
remember to send in
your activity sheets
for week 5.

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 Truth Behind Some Exercise Myths

Sometimes it is hard to know what is the truth about exercise and weight loss. Here are a few exercise myths and the truth behind them.

Myth: Exercise needs to make you sweat to be worthwhile.

Fact: Moderate exercise can be just as good for you as more vigorous exercise. Walking at a moderate pace, for example, is about 3 to 4 miles an hour. You can burn the same number of calories as you could if you were exercising harder, it just takes more time.

Myth: It is possible to lose weight in one specific area of the body, or 'spot reduce'.

Fact: Many people spend time doing sit-ups and other exercises that target certain muscles in one specific part of the body, hoping to lose the fat in that area.

The truth is that exercising one group of muscles will not melt fat away, but it will help you to tone the muscles that are underneath the fat. To lose fat you need to lose weight,

but you cannot control exactly where the fat will come off.

Myth: Women who lift weights and do other strength training activities will build bulky muscles like men.

Fact: Typically, women don't build bulky muscles because they have smaller muscles, bones, and lower amounts of the hormone testosterone.

Strength training can make you stronger, and strong muscles help strengthen bones, which reduces the risk of osteoporosis. Toned muscles burn more calories, which could help you lose weight if needed. It is important to exercise all major muscle groups, and that will make your entire body work better, feel better and look better. Recently, the American Heart Association endorsed strength training for heart health!

References:

<http://www.utmem.edu/campusrec/myths.htm>
www.sparkpeople.com
<http://www.infoplease.com/ipa/A0872851.html>

Recipe of the Week

Tabbouleh

Makes 4 servings (one cup each)

1 cup water
½ cup bulgur (cracked wheat – find it in the rice/grains aisle)
½ cup lemon juice
2 Tablespoons olive oil
½ teaspoon chopped garlic
¼ teaspoon salt
ground black pepper (to taste)
2 cups chopped parsley
¼ cup fresh chopped mint
2 small tomatoes, diced
1 small cucumber, diced
3-4 green onions (scallions)

- Combine water and bulgur in a small sauce pan. Bring to a boil and remove from heat. Cover and let stand until the water is absorbed (about 25 minutes). Drain any excess water. Transfer to a large bowl and cool for 15 minutes.
- Combine lemon juice, oil, garlic, salt and pepper in a small bowl. Add parsley, mint, tomatoes, cucumber and green onions to the bulgur. Add dressing and mix well. Serve at room temperature or chilled. Add 2 cups drained chickpeas to make this a meal.

Nutritional Information (per cup):

Calories: 165 Carbohydrates: 22g
Fat: 8g Fiber: 6g
Saturated fat: 1g Protein: 6g

Recipe from www.eatingwell.com

Goal of the Week

As this is the last week of our virtual walk around the Mediterranean Sea, make the most of it! Try to exercise one more day a week, or exercise for a longer period of time, or add in another type of exercise.

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