

### Events this Week

Best wishes for a happy, healthy holiday from Step Ahead!

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](mailto:info@stepaheadprogram.com).

## Physical Activity During Holidays

Holidays are often a time to get together with families and friends to enjoy a good meal. It can also be a time to go out for a hike or walk together, play touch football, or do other things outdoors. Have you ever wondered how many calories you use up preparing for and enjoying a holiday?

A traditional Holiday meal has 2,000-3,000 calories. By using Step Ahead recipes and suggestions, you could trim that number. See our Healthy Holidays handout or check out [www.stepaheadprogram.com](http://www.stepaheadprogram.com) for ideas.

How long would it take you to use up 2000-3000 calories? Check out the following estimates based on a 140 pound woman. If you weigh more, you'll burn a few more calories doing the same activities.

### Preparing

- Cooking: 2 hours = 336 calories
- Ironing: 1 hour = 143 calories
- Mopping: 1 hour = 286 calories

- Housework: 2 hours = 370 calories
- Raking the lawn: 2 hours = 504 calories

### Enjoying

- A holiday stroll: 15 minutes = 95 calories
- Playing flag football: 1 hour = 508 calories
- Sitting watching TV/football: 1 hour = 64 calories
- Standing watching TV/socializing: 1 hour = 127 calories
- Playing catch: 15 minutes = 40 calories

### Cleaning Up

- Clearing the table: 30 minutes = 78 calories
- Washing dishes by hand : 30 minutes = 60 calories

A person weighing 140 pounds could burn about 2611 calories doing all of these activities!

Enjoy your celebrations!

References: <http://www.healthstatus.com> and [www.nutristrategy.com](http://www.nutristrategy.com)

## Recipe of the Week

### Southwestern Turkey Meatloaf

Makes 8 servings

½ cup old fashioned oats  
2 egg whites, beaten until frothy (or ¼ cup Egg Beaters)  
1 can (14oz.) diced tomatoes  
1 ¼ pounds lean ground turkey breast  
1-2 teaspoons chili powder  
1 teaspoon oregano  
1 package (10 oz) frozen spinach, defrosted, squeezed dry and finely chopped  
½ cup corn kernels (frozen)  
¼ cup chili sauce or ketchup

- Preheat oven to 375°.
- In a large bowl, mix together the oats, egg whites and tomatoes. Add the turkey, chili

powder and oregano. Mix in the spinach and corn until well blended.

- Season to taste with salt and pepper.
- Transfer mixture to an 8x5x3 inch loaf pan and gently pat down. Bake uncovered for 45 minutes. Remove meatloaf from oven and spread chili sauce (or ketchup) over the top. Return to oven and continue baking for 15 – 20 minutes more (or until meat thermometer temperature reaches 165 degrees).
- Cool 15 minutes before slicing.

### Nutritional Information:

Calories: 150  
Total Fat: 5g  
Saturated fat: 2g  
Carbohydrate: 10g  
Fiber: 2g  
Protein: 17g

## Tip of the Week

Schedule holiday food celebrations at normal meal times. Celebrations outside of normal meal times encourage people to pile on extra calories. NIH News in Health, November 2007. [http://newsinhealth.nih.gov/2007/November/docs/01features\\_01.htm](http://newsinhealth.nih.gov/2007/November/docs/01features_01.htm)

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