



Events this Week

WORKSHOPS

Healthy Holidays and Healthy Baking Quick Tips Table

Gaining weight is one holiday tradition nobody wants to keep! Step Ahead can help you have a healthy holiday. Stop by for great ideas, recipes, and more.

Monday, Dec. 3,
11:30am - 1:30pm
Cafeteria

If you are participating in our holiday challenge, please remember to weigh yourself and send in your week 4 weight this week!

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.

Healthy Holiday Gifts

Thinking of holiday gifts for friends and family? Choose gifts that will help them stay healthy! Here are some ideas...

Gifts for active living

- ✓ Exercise classes (tai chi, kickboxing, yoga, pilates or aerobics, just to name a few!)
- ✓ Dance classes or dance music CDs
- ✓ Appointment with a personal trainer
- ✓ Ski lift tickets
- ✓ Exercise equipment or safety equipment (hand weights, bike helmet, safety vest)
- ✓ Exercise clothes for indoors and outdoors
- ✓ Exercise DVDs (see the Step Ahead handout on choosing exercise DVDs)
- ✓ Pedometers, exercise balls
- ✓ Trial gym membership
- ✓ Gift membership to Appalachian Mountain Club or other hiking/walking clubs

Gifts for relaxing and reducing stress

- ✓ Massage or facial gift certificate
- ✓ Bath bubbles and bath oils
- ✓ Soothing music
- ✓ Movie passes, concert or theater tickets
- ✓ Free babysitting for an evening
- ✓ Cleaning out their car
- ✓ Fixing things around the house
- ✓ Flowers

Gifts for healthy eating

- ✓ Basket of special healthy foods such as vinegars, dipping oils, olives, whole wheat pastas, jarred ginger, jams, low fat marinades
- ✓ Fruit basket or fruit-of-the-month club
- ✓ A selection of herbs and spices
- ✓ Specialty coffees, teas or low-fat hot cocoa
- ✓ Utensils and equipment for healthy cooking (nonstick pans, graters or zesters, grill pan, indoor grill, outdoor grill, knives, cutting boards)
- ✓ Homemade healthy dinner or baked goods (use Step Ahead recipes!)

Gift Subscriptions

- ✓ Magazines such as Eating Well, Nutrition Action, Cooking Light
- ✓ Fitness-related magazines such as Shape, Men's Health, Women's Health, Runner's World, Walk About

Books for Health

There are so many choices! Try:

- ✓ Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Willett
- ✓ You: Staying Young by Roizen and Oz
- ✓ Fitness after 50 by Ettinger, Wright and Blair
- ✓ Cookbooks (the American Heart Association series and others)

Recipe of the Week

Cranberry Lover's Muffins

This muffin has 50% less calories, 42 % less fat and more fiber than a Dunkin Donut cranberry orange muffin.
Makes 12 muffins

- 1 egg (or ½ cup Egg Beaters)
- 1 C. orange juice
- 1/3 C. canola oil
- Grated rind of one orange
- 2 C. whole wheat flour
- ½ C. sugar
- ½ tsp. baking soda
- ½ tsp. baking powder
- ½ C. chopped walnuts (optional)
- 1 heaping C. whole raw cranberries

- Beat egg in large bowl. Add oil, orange juice and grated rind.
- In a separate bowl, mix flour, sugar, baking soda and baking powder. Stir in cranberries and walnuts.
- Add flour mixture to the wet ingredients and stir until all the flour is wet.
- Spray muffin tin with cooking spray. Spoon batter into muffin tins.
- Bake at 375 degrees for 24 minutes (until golden brown). Cool in the pan for a few minutes and remove.

Nutritional information:

Calories: 200	Carbohydrates: 27.g
Total Fat: 10g	Dietary Fiber: 3g
Saturated Fat: < 1g	Protein: 4g
Cholesterol: 15mg	

Tip of the Week

If you are ordering a meal to take out from a restaurant, share it with a co-worker to help limit the portion size – many entrees are large enough for two people!

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