

Events this Week

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.

**Wednesday,
Dec. 12:**
4:30 - 6:30pm
Cafeteria

If you are participating in our holiday challenge, please remember to weigh yourself and send in your week 5 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.

More Benefits of Strength Training

Strength training, also called resistance training, is an important part of physical fitness. You should include it in your overall routine in addition to aerobic exercise. Strength training offers many benefits. It can make your muscles stronger and larger and improve your coordination. Added strength makes it easier to do everyday activities, such as carrying groceries or climbing stairs. Strength training can also help you manage your weight. When you have more muscle, your body burns more calories. Also, stronger muscles make bones and ligaments stronger.

The news gets better. Recently, the American Heart Association (AHA) recommended strength training for people with and without cardiovascular disease. If you have heart disease, talk with your doctor before you start a strength training program. People with heart disease that is not under control should not begin strength training. People with moderate to high risk, however, can start resistance training after talking with their doctor.

The AHA has these recommendations for starting a training program.

- It is important to move slowly and steadily

through the exercise. Lift slowly if you are using weights.

- Breathe out as you lift the weight or work the muscle, and breathe in as you relax.
- During your routine, switch among different parts of the body (such as from arms to legs).
- Use a variety of machines or do exercises that target all major muscle groups.
- If you are healthy you can begin with one set of 8 to 12 repetitions of each exercise. If you are older, frail or have had a recent heart attack, start with a lower resistance or less weight.

Step Ahead offers free 30-minute strength training workshops right at the hospital. Watch the newsletter and the information center for the next program. You can even contact Step Ahead to set up a workshop especially for your unit, department or work group!

Want to know more? Go to www.americanheart.org to see the AHA statement "Resistance training is a good, safe addition for heart patients" (7/16/2007). Also, see Step Ahead's previous newsletter on strength training in the newsletter archives at www.stepaheadprogram.com.

Recipe of the Week

Lemon Swiss Chard (serves 4)

- 1 Tablespoon olive oil
- 3 to 4 cloves garlic, sliced
- 1 head Swiss chard, washed and chopped into large pieces
- 2 teaspoon lemon zest, optional (yellow outer portion of the skin)
- 2 Tablespoons lemon juice
- ¼ teaspoon salt
- 1 Tablespoon balsamic vinegar

- Heat olive oil in large skillet over medium heat. Add sliced garlic and sauté until

slightly browned.

- Gradually add in Swiss chard. Add salt (all at once), sauté until wilted.
- Remove from heat and toss with lemon juice, zest (optional) and balsamic vinegar.

Try other greens like kale or Collard Greens in this recipe.

Nutritional Information:

Calories: 45
Total Fat: 2.5g
Saturated Fat: 0g
Carbohydrates: 5g
Fiber: 1.4g
Protein: 1.75g

Tip of the Week

The office party season is here. You are less likely to eat too much at a party if you eat a little something beforehand - so don't arrive starving!

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