

Events this Week

**ALL OF US AT
STEP AHEAD
WISH YOU A
HAPPY AND
HEALTHY
HOLIDAY
SEASON! WE
WILL CONTINUE
OUR PROGRAMS
IN JANUARY.**

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.

Preventing Injuries

Try a new sport or exercise routine! It's a great way to get into shape or to renew your interest in being physically active if you are bored with your usual activity.

When people start something new, they are more likely to injure muscles and other parts of the body. Here are some tips to prevent injuries so that you can enjoy your activities.

Before you start

- ✓ If you have health problems, check in with your doctor.
- ✓ Learn how to do a new activity correctly with classes or coaching sessions.
- ✓ Learn the rules of new sports.
- ✓ Wear equipment that protects your body, such as helmets, mouth guards, and pads.
- ✓ Invest in shoes with good support for the type of movement that you will be doing. Go to a store that specializes in athletic shoes. See the Step Ahead handout on choosing athletic shoes, too!
- ✓ If you have an old injury, brace or strap or tape areas of your body (such as knees or ankles) that were injured to give them extra support. You can also tape areas that are healthy to prevent injury.

As you begin

- ✓ Warm up by stretching, or by starting slowly.
- ✓ Train for the specific sport that you will do or play by toning specific muscle groups used for the activity.

As you exercise or play

- ✓ Play regularly. If you only play the sport or exercise once a week or less, you have a greater risk of injuries.
- ✓ If you are in pain, stop! Pain is your body's way of telling you there is a problem.
- ✓ Drink water as you exercise or play.

Afterward

- ✓ Stretch your muscles.
- ✓ Rest. Don't work out or play every day. Your muscles and body need to rest and repair themselves. If you want to be active every day, mix up your activity from day to day.
- ✓ Keep in shape by exercising for 30-60 minutes at least three times a week.
- ✓ Combine aerobic activities (those that make your heart beat faster and make you breathe harder) with strengthening activity for maximum fitness. *Have fun!*

References: <http://sportsmedicine.about.com>;
www.baptistonline.org; www.primusweb.com

Recipe of the Week

Spiced Gingerbread 8 Servings

- 1 ¾ cups whole wheat flour
- ½ cup brown sugar
- 2 tsp. ground ginger
- 1 tsp. cardamom
- ½ tsp. baking soda
- ¼ tsp. cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. salt
- 1 cup dark molasses
- ½ cup unsweetened applesauce
- 1/3 cup fat free buttermilk
- 2 egg whites
- Cooking spray

- Preheat oven to 350°. Spray a 9-inch round cake pan with cooking spray.

- In a large bowl combine the whole wheat flour, brown sugar, ginger, cardamom, baking soda, cinnamon, cloves, and salt.
- In a medium bowl, using an electric mixer on slow speed beat together the molasses, applesauce, buttermilk and egg whites. Add the molasses mixture to the flour mixture. Beat on medium speed until blended. Pour the batter into a prepared pan. Bake until the bread begins to pull away from the sides of the pan and a toothpick inserted into the center comes out clean, 40-45 minutes. Remove from the oven and cool on the rack for 10 minutes. Slice into 8 wedges. Tastes best when served warm.

Recipe adapted from [Stealth Health](#) by Evelyn Triple

Calories: 281
Total Fat: 0.7g
Saturated Fat: 0g

Carbohydrates: 66.8g
Dietary Fiber: 3.6g
Protein: 4.9g

Tip of the Week

Buy vegetables that are easy to prepare. Pick up pre-washed bags of salads greens and add baby carrots or grape tomatoes for a quick salad. Buy packages of things like baby carrots and celery sticks for quick snacks. Wash them before eating them even if they say "pre-washed."

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