



Events this Week

HAPPY NEW YEAR FROM ALL OF US AT STEP AHEAD!

Strength Training: Easy Physical Activity You Can Do Almost Anywhere Using Resistance Bands

Friday January 4:
12:00 – 12:30PM OR
12:30 – 1 PM
Graduate School of Nursing Conference Room (S1-853)

These local businesses offer healthy discounts to all UMass employees:

Sneakerama , Lake Avenue South

World Gym at White City and in the Greendale Mall

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.

A contract for better health

If you are making New Year's resolutions, go beyond the typical resolution by adding a personal contract. It is a useful tool to help you make changes and stick with them.

A personal contract is a written agreement to make changes. You can make this kind of contract with another person or just with yourself. Make up a form, or get a form from www.stepaheadprogram.com. Read on to see how it works.

Long-Term and Short-Term Goals

First, write down your long-term goal. Make it realistic and very specific. For example, "I will lose 5 pounds by April 1." Then, write down short-term goals to help you reach your long-term goal. Think of your short-term goals as a step ladder to reach your goal. They should build on each other as you achieve them. If your first short-term goal is to exercise for 20 minutes 3 times in the first week, your second goal might be to add 10 minutes to each exercise session.

Reasons to make changes Next, write down the reasons why you want to make

these changes. Revisit these reasons from time to time, especially if you get off track.

Challenges and strategies to beat them

There are always challenges involved in making changes. Write down things that might get in the way of your reaching your goal. Then write down ways to overcome them. For example, in cold and snowy weather, it may be difficult to walk outdoors. Think of ways you could be active indoors.

Reward Think of a reward that you will give yourself when you reach your goal, and write that down. Here are some ideas: A new book, a trip to the movies, a day of skiing, extra time you set aside just for yourself, or a bunch of flowers.

Sign it! Finally, sign and date the personal contract. Keep it handy to help you keep on track. If you are making a contract with another person, they should read it carefully and sign it too. If you think it will help you, ask them to check in with you every so often to see how you are doing.

You can do it!

Read more about contracts and goals at www.stepaheadprogram.com, in the newsletter archives.

Recipe of the Week

White Bean Chili Makes 8 servings

1 medium onion, chopped
1 teaspoon garlic, minced or crushed
2 (15-ounce) cans white navy beans (canellini beans), drained and rinsed
1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
4 cups vegetable broth (or chicken broth)
1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
½ - 1 (4-ounce) can diced green chilies, drained (adjust to your taste)
2 cups frozen corn
Nonstick cooking spray

- Coat a large pot with nonstick cooking spray, sauté onion and garlic over medium heat for 3-5 minutes. Stirring often so not to stick. Empty one can of white navy beans and 1 cup broth into a food processor or blender and process until smooth.
- Add everything to the pot: the pureed bean mixture, 2nd can of white navy and garbanzo beans, the remaining 3 cups of broth, chili powder, cumin, oregano, green chilies and corn. Bring to a boil. Reduce heat and simmer for 20 minutes. Garnish with a dollop of reduced fat sour cream

Nutritional Information (per serving):

Calories: 220	Carbohydrates: 40g
Total fat: 2g	Fiber: 9g
Saturated fat: 0g	Protein: 13g

Recipe adapted from www.meatlessmonday.com

Tip of the Week

Eating out with friends? Be the first to order. That way you won't be tempted to go along when the rest of the gang orders more than you'd like to eat. From www.eatingwell.com
To learn more about Step Ahead visit www.stepaheadprogram.com