

Events this Week

No Gain New Year
The University Campus is down 1 pound since we started our challenge. Great job!

Strength Training: Easy physical activity you can do almost anywhere with resistance bands

A 30 minute workshop that demonstrates a 10 minute routine. Participants receive a resistance band. Beginner's Welcome!

Friday, February 9: 12:00 – 12:30PM S1-123

Coming February 15th! Movie: Super Size Me

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 Tour of www.stepaheadprogram.com

Are you interested in learning ways to order healthier meals at a restaurant? How about finding a healthy recipe for dinner this week or walking routes at work? Come to our website for ideas on these topics, plus a lot more. Hold on to your seat, for we are going on a tour of www.stepaheadprogram.com!

The Step Ahead home page is the first stop on our tour, featuring a general description of Step Ahead, the recipe and tip of the week, and links to other useful Internet sites. For example, you can find federal guidelines for healthy eating and tips on weight control. Calculate the calories of meals in popular fast food restaurants. Link to all of the Step Ahead recipes from the home page, too!

For our next stop, we will link with other Step Ahead WebPages from our homepage. They include **Healthy Eating, Physical Activity, Healthy Weight, Tools for Healthy Living,** hospital pages, and a **Newsletter Archive**.

Healthy Eating offers tips for choosing nutritious foods. Download Step Ahead handouts and tools including the [Daily Eating](#)

[Log, Healthy Recipes, Guide to Healthy Eating Out, Guide to Healthy Snacking, Sizing up Your Portions, What's in a Food Label?, and Organizing a Healthy Potluck.](#)

Come to the Physical Activity page for recommendations on physical activity, and tips on being more active throughout the day. You will find [Daily Activity Logs, Quick and Easy Resistance Band Workout, and Organizing a Walking Group](#) through this page.

Step Ahead emphasizes reaching and maintaining a healthy weight through lifestyle choices, not dieting. Find out more at **Healthy Eating** and link to useful tools such as a [BMI calculator, Daily Eating Log, Weight Change Log, Daily Activity Log, and Sizing up Your Portions](#) handout. **Tools for Healthy Living** has links to all of Step Ahead materials.

The final stop on our tour is a link to your **hospital's page** with a calendar for upcoming events, as well as indoor and outdoor walking routes.

Our website is updated continually. Come visit!

Recipe of the Week

Sweet Potato, Corn & Kale Chowder
Serves 6-8

1 Tbls. canola or olive oil
2 medium carrots, chopped
1 medium red onion, chopped
1 stalk celery, chopped
1 large red pepper, seeded and chopped
1 large sweet potato, peeled and chopped
1 sprig fresh thyme, minced (or 1/2 tsp. dried)
¼ tsp. turmeric
1 medium tomato, chopped
5 cups cold water, chicken or vegetable stock
1 cup frozen corn kernels
4 cups chopped kale leaves, remove heavy stems
1 Tbls. corn starch
½ cup chopped fresh parsley
Cayenne pepper to taste
Salt and pepper to taste

- In a large pot, heat the oil over medium high heat. Sauté the carrots, onion, celery, pepper & sweet potato for 3 minutes.
- Add the thyme and turmeric; combine well with the vegetables.
- Add the tomato and cold water or stock. Let it simmer for 20 minutes.
- Add the corn, kale, salt and white pepper, simmer for 5 minutes.
- Season with cayenne pepper.
- Combine cornstarch with 2 tsp. cold water. Mix into soup well. Simmer for 3 minutes.
- Remove from heat and stir in parsley.

Recipe adapted from *The Whole Foods Market Cookbook*

Nutritional Information (1 cup serving):
Calories: 70 Carbohydrate: 13g
Total fat: 2g Protein: 2g
Saturated fat: 0g

Tip of the Week

Good news! The Cafeteria now has whole wheat pita...give it a try on your next salad or sandwich.

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