



Events this Week

No Gain New Year

The University campus is down 2.2 pounds since we started our challenge. We're trying to maintain our weight at zero. Great job!

WORKSHOPS Maintaining your weight

With Jean Welker, MA, Exercise Physiologist, Center for Health & Fitness

Thurs., Feb. 22nd
12:00-12:30PM
SA-107
Center for Health and Fitness

To purchase a pedometer, visit the Step Ahead office at S7-746.

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.

MAINTAINING WEIGHT

BY JEAN WELKER, MA, EXERCISE PHYSIOLOGIST
UMMHC UNIVERSITY CAMPUS CENTER FOR HEALTH & FITNESS

The American Institute for Cancer Research tells us that we should not gain more than 11 pounds during our adult lives. Gaining more than that can increase the risk of developing cancer and other diseases. Since most Americans gain a few pounds every year, we should keep this fact in mind: It is easier to stop gaining weight (also called maintaining your weight) or even lose a few pounds now, than it would be to lose more weight later!

Tips for Maintaining Weight

Strategies for maintaining your weight are available from several different sources, including the American Institute for Cancer Research, the National Weight Control Registry and the Step Ahead website. Some of the strategies are:

- Follow a diet low in saturated fats.
- Eat healthy carbohydrates including fruits, vegetables and whole grains. Examples of healthy whole grains are brown rice and whole wheat versions of foods such as bread, crackers, pasta and cereals.
- Limit the amount of meat you eat. Fill up your plate with vegetables and whole grains.
- Reduce portion sizes.
- Track and limit calories.
- Eat slowly.

- Eat a healthy breakfast every day.
- Eat to feed your body what it needs to be healthy. Try not to eat just because you are bored or under stress
- Weigh yourself and track your weight regularly, at least once a week.
- Exercise daily, up to 60 minutes. The most popular weight control exercise is walking.
- Have a lifestyle approach to health and fitness. This includes healthy eating, regular physical activity, and getting enough sleep.

Opportunity to Learn More!

Please join Jean Welker on Thursday, February 22nd, at 12:00-12:30 in the Center for Health and Fitness, SA-107 for a free workshop. You will:

- Explore these strategies in more detail
- Learn more about your ideal body weight, based upon the Body Mass Index (BMI)
- Discuss categories of BMI and what it means for you

References and resources:

- American Institute for Cancer Research: <http://www.aicr.org>
- Clark, N. Nancy Clark's Sports Nutrition Guidebook, 2nd Edition. 1997. Champaign: Human Kinetics.
- National Weight Control Registry: www.nwcr.ws/

Recipe of the Week

Brown Rice Pilaf Makes 3 cups

3/4 cup brown rice
1 Tbls olive oil
1/2 cup onion, chopped
1/4 cup lemon juice
1/4 teaspoon ground pepper
1 can (14oz) low sodium chicken or vegetable broth

- Sauté onion in olive oil until clear. Add broth, rice, lemon juice and pepper and bring to a boil. Lower heat to a simmer and cover. Cook until all the liquid has been absorbed. Add more lemon juice and pepper to taste.

Nutritional Information (per 1/2 cup):
Calories: 117 Carbohydrates: 20g
Total fat: 3g Fiber: 3g
Saturated fat: .5g
Sodium: 80m

Tip of the Week

When exercising outdoors, dress yourself in layers. The bottom layer should 'wick' the sweat from your skin, the next layer should insulate you and keep you warm, and the outer layer should protect you from the weather. www.sparkpeople.com

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