



### Events this Week

#### No Gain New Year

The University campus is down 3 pounds since we started our challenge. We're trying to maintain our weight at zero. Great job!

#### Quick Tips Table

##### Move Indoors!

Tips for staying active when it is too cold, too wet, too hot or not convenient to exercise outside

##### Wed., Feb. 28

11:30AM-1:30PM  
Cafeteria

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](mailto:info@stepaheadprogram.com).

## Staying Healthy During the Night Shift

Working at night can make it hard to eat, exercise, and sleep well. Your body's internal clock makes you want to be awake during daylight and sleep when it is dark. Working during the night, then, can make you more tired because your body wants to sleep, and you may find it hard to sleep well during the day. Both working at night and lack of sleep can lead to weight gain. However, there are steps you can take to help prevent weight gain.

#### Exercise for health and energy

- Exercise before work to help wake up.
- Be active during breaks at work. Walk the Step Ahead indoor walking routes.
- Use quiet times to stretch or do strength training. Ask Step Ahead to give a workshop on strength training during your shift.
- Avoid exercise within 3 hours before going to sleep because it can make it harder to sleep.

#### Eat healthy meals and snacks

- Eat meals at the same times every day.
- Eat light, healthy meals and snacks during work. The digestive system wants to rest at night, so avoid heavy, high fat foods.
- Bring your own meals and snacks to work.

- Avoid take-out food and vending snacks that are high in calories and saturated fat.
- If you drink coffee, tea or soda with caffeine, have it before work or early in the shift so the caffeine can wear off before you go to sleep.
- If you have trouble falling asleep after drinking beverages with caffeine, cut down slowly. The caffeine may be preventing you from falling asleep. Remember that one large drink can contain several cups.
- To avoid stomach problems while sleeping, eat no more than a light snack before sleep.
- Avoid alcohol 1 to 2 hours before sleep. Although it might make you sleep at first, it disrupts normal sleep.
- Make a deal with your co-workers to bring healthy foods to share, like fruit, hummus and whole wheat pita, and other light foods. Check out the Step Ahead website for more ideas.

#### To learn more, see:

[www.medicine.com](http://www.medicine.com)  
Plain Language About Shiftwork. DHHS (NIOSH) Publication No. 1997-145 at [www.cdc.gov](http://www.cdc.gov)  
Kroenke et al. Work characteristics and incidence of type 2 diabetes in women. *Am J of Epidemiol* 2007;165(2): 175-188.

## Recipe of the Week

#### Quick Chicken Creole Makes 4 servings

Nonstick cooking spray as needed  
4 medium skinless, boneless chicken breast halves cut into 1" strips  
1 (14 oz.) can diced tomatoes (try low sodium)  
1 cup low-sodium chili sauce  
1 large green pepper, chopped  
1/2 cup celery, chopped  
1/4 cup onion, chopped  
2 cloves garlic, minced  
1 Tbsp. fresh basil (or 1 tsp dried)  
1 Tbsp. fresh parsley, (or 1 tsp dried)  
1/4 tsp. crushed red pepper  
1/4 tsp. salt (optional)

- Spray a deep skillet with nonstick cooking spray. Preheat pan over high heat.
- Cook chicken in hot skillet, stirring for 3-5 minutes, or until no longer pink. Reduce heat.
- Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt.
- Bring to boil; reduce heat and simmer, covered, for 10 minutes.
- Serve over 1/2 cup brown rice or 2/3 cup whole wheat pasta.

Nutritional Information: (per 1.5-cup serving)  
Calories: 255  
Fat: 4.5g  
Saturated fat: 1g  
Carbohydrates: 20.7g  
Fiber: 6g  
Protein: 30g

## Tip of the Week

When looking for the inner layer of clothes to 'wick' the sweat off your skin when exercising in cold temperatures, look for the words "breathable," "Cool Max," and "Dri-Fit".  
[www.sparkpeople.com](http://www.sparkpeople.com)

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)