

Events this Week

WORKSHOP

**Strength Training:
Easy Physical
Activity you can do
Almost Anywhere
Using Resistance
Bands**

A 30-minute workshop that demonstrates a 10-minute routine. Participants receive a free resistance band. Beginners welcome!

Friday, March 14:
12:00 – 12:30pm
OR
12:30 – 1:00pm
S1-853

Graduate School of
Nursing Conference
Room

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@stepahead
program.com.**

22 easy ways to cut calories

To stop weight gain, most Americans need to do just two simple things: Add 2000 more steps each day and eat 100 fewer calories daily. Here are some easy ways to cut those calories.

At breakfast:

1. Select nonfat or 1% milk instead of whole milk.
2. Use a small glass for your juice and a small bowl for your cereal.
3. Savor a bowl of bananas, berries, low-fat milk, and sugar substitute instead of a sweet roll.
4. Choose light yogurt made with no-calorie sweetener.
5. Split a bagel with someone, or wrap up the other half for tomorrow's breakfast.
6. Substitute a no-calorie sweetener for sugar in your coffee, tea, and cereal.
7. Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs.
8. Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular cream cheese.

At lunch or dinner:

9. Customize spaghetti sauce with fresh zucchini, green peppers, mushrooms, and onions instead of adding meat.
10. Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese.
11. Prepare tuna or chicken salad with fat-free mayonnaise.
12. Grill your sandwich using nonstick cooking spray instead of butter.
13. Stuff a pita pocket with more fresh vegetables, less meat and cheese.
14. Pick water-packed tuna instead of oil-packed.
15. Select a portion-controlled frozen entrée in place of a burger and fries.
16. Trade regular butter for light, whipped or low-calorie butter substitute.
17. Make a pizza with half the cheese.
18. Select soft taco size (6-8 inch) flour tortillas instead of the larger burrito size.
19. Substitute fat-free sour cream in recipes.
20. Choose 1% cottage cheese in place of regular.
21. Skim the fat off soups, stews, and sauces before serving.
22. Leave 3-4 bites on your plate

-- From *prevention.com* and *americaonthemove.org*

Recipe of the Week

Spicy Red Lentils with Spinach
Makes 6 servings

Lentils are full of fiber and protein. They are easy too. There is no need to soak lentils before using.

- 8 cloves garlic, minced
- ½ to 1 teaspoon red chili flakes
- 2 Tablespoons olive oil
- 2 cups red lentils
- 1 cup orange juice
- 3 cups water
- 10 ounces baby spinach
- ½ teaspoon salt
- Freshly ground black pepper
- Garnish: Nonfat yogurt

- In a large sauce pot over medium-low heat, sauté the garlic and chili flakes in olive oil, 1 to 2 minutes. Add the lentils and stir to coat with the oil. Increase heat to medium-high and stir in the orange juice and water. Simmer until the lentils are tender, about 15 minutes (add more water if necessary).
- Stir in the spinach and continue to simmer until tender, about 2 minutes. Season with salt and pepper. Top individual servings with a dollop of nonfat yogurt.

Recipe adapted from *Nutrition Action Health Letter*, February 2008.

Nutritional information:

Calories: 281	Carbohydrates: 43g
Fat: 5g	Fiber: 11g
Saturated fat: <1g	Protein: 18g

Tip of the Week

*** One correction to our recipe last week – Sarah's Turkey Pie recipe was missing ½ cup of bread crumbs in the ingredients list.**

Walk wherever you are. Do laps around the field during your kids' baseball or soccer games, around the block while waiting for a table at a restaurant, or around the mall while you wait for your family to finish shopping.