



### Events this Week

#### QUICK TIPS TABLE

#### Move Outdoors!

Stop by our table for tips on a variety of activities to keep you moving outdoors in the nice weather.

#### Thursday, April 10:

4:30 – 6:30PM  
Cafeteria

#### Spring Training!

Get your week 5 activity sheet for our Spring Training challenge at [www.stepaheadprogram.com](http://www.stepaheadprogram.com) or in the Step Ahead information center in the main corridor. Keep up the good work!

#### Discounts to UMassMemorial employees!

Wachusett Mountain

YWCA, Salem Square,  
Worcester (co-ed  
fitness facility)

World Gym in  
Shrewsbury and  
Worcester

Sneakerama, Lake  
Avenue South,  
Worcester

Step Ahead can come to you! 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).

## Do you Hate to Exercise?

You are not alone; more than half of American adults don't get much exercise. What is holding you back?

#### Are you embarrassed to exercise in public?

- Enroll in a beginners' level class where the goals are to be active, learn and have fun.
- Exercise at home with dance music on the radio, DVDs or free weights.

#### Is exercise uncomfortable for you?

- If you have health problems check with your doctor before you start.
- Wear loose, comfortable clothes.
- If your inner thighs chafe, wear tights or spandex shorts.
- When you get tired, slow down or take a break for a minute or two.
- If you can't stand comfortably to exercise, learn some exercises to do while sitting down. Try an exercise class in the pool; you do not need to know how to swim.

#### Are you too busy to exercise?

- Be active for a few minutes at a time. It all adds up.
- Get exercise while you do housework or yard work or wash the car.
- Make "appointments" with yourself and

write them on the calendar.

- Exercise first thing in the day. You are more likely to stay with it.

#### Do you get bored?

- Try different activities till you find something you really like.
- Do different activities on different days or change with seasons or the weather.
- Try a team sport, or find a buddy to exercise with or carpool to the gym. The time goes faster, and your commitment to someone else may help you stay with your program.

#### Do you get discouraged?

- Don't give up too soon. It takes time to see the benefits.
- Write down some short-term goals to start. When you reach them, build on that success!
- Give yourself small rewards to look forward to.
- Start out with classes like yoga or Pilates, which focus on breathing and stretching. These can make you feel good right away.
- Write down your weight and body measurements once a week. Look back in just three months and see how far you have come!

From *Webmd.com* and *WIN (Weight Control Information Network)*, [win.niddk.nih.gov](http://win.niddk.nih.gov)

## Recipe of the Week

### Whole Wheat Blueberry Muffins Makes 12 muffins

- 1 cup whole wheat flour
- ¾ cup white flour
- ½ cup firmly packed brown sugar
- 1 Tablespoon plus 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon allspice (or nutmeg)
- ½ teaspoon salt
- 1 cup lowfat buttermilk
- 2 Tablespoons canola oil
- 2 Tablespoons unsweetened applesauce
- 1 egg, lightly beaten (or ¼ cup egg substitute)

1 cup fresh or frozen blueberries (unthawed if using frozen)

- Preheat oven to 400° F. Spray muffin tins with cooking spray. In a large bowl, combine flours, brown sugar, baking powder, spices and salt. In another bowl, whisk together buttermilk, oil, applesauce and egg. Make a well in center of dry ingredients. Pour in buttermilk mixture, stirring until combined. Stir in blueberries.
- Spoon batter evenly into muffin cups. Bake 20-25 minutes until tops are golden. Cool on wire rack. Enjoy warm.

#### Nutritional information per muffin:

Calories: 112	Carbohydrates: 19g
Fat: 3g	Fiber: 2g
Saturated fat: <1g	Protein: 2g

## Tip of the Week

Include chopped vegetables, like peppers, onions, mushrooms, spinach, or squash, or grated carrots, in pasta sauce or lasagna. from [mypyramid.gov](http://mypyramid.gov)