

Events this Week

Keeping Your New Year's Resolutions Quick Tips Display

Stop by our table for information on helpful strategies for making changes and sticking to them.

Wed., January 23:
11:30am – 1:30pm
Cafeteria

Friday, January 25:
7:00 – 9:00am
Lakeside Lobby

These local businesses offer healthy discounts to all UMass employees:

Sneakerama , Lake Avenue South

World Gym at White City and in the Greendale Mall

Show your UMass Memorial ID badge at Wachusett Mountain to receive a Passport Card, good for \$8 off a lift ticket, rental equipment and lesson on each visit through the 2007-2008 season.

Keep exercising in the winter months

Don't give up on exercise just because it's winter! Exercise increases your energy level, helps you sleep better and can lift your mood too. Of course, you can exercise indoors till the weather warms up. If you want to be active outdoors, take these steps for safety and comfort.

-- Cold weather can make some health problems worse. If you have medical problems, **check with your doctor** before you spend a long time outside or exert yourself in cold conditions.

-- **Equip yourself for safety.** Wear reflective clothing in the dark or in poor light. If it is icy or slippery, be sure your shoes or boots have a good tread, or add strap-on treads. For skiing or snowboarding wear a helmet.

-- **Layer your clothes** to stay warm and comfortable. Wear a "wicking" synthetic fabric (usually polyester or microfiber) next to your skin that will pull moisture away as you sweat. Cotton long johns or tights next to your skin will get wet and stay wet. Over that layer put something warm for insulation, like fleece or wool. On top, choose a layer

that is both waterproof and breathable.

-- **Warm the air you breathe** with a facemask or a scarf over your mouth.

-- Remember your **hat and gloves!**

-- If you are on foot or skis or snowshoes, **plan your route** so that the wind will be at your back when you finish up. This will help keep you from getting chilled when you are sweating.

-- **Drink plenty of fluids** before, during and after your workout, even if you aren't thirsty.

-- **Be aware of wind chill.** If wind penetrates your clothes it will remove warm air from next to your body. Also, fast motion like running, cycling or skating can create wind chill by increasing the movement of air around you. Stay indoors if the temperature is below 0 degrees F, or if the wind chill is below -20.

-- **Watch for frostbite**, which shows up as a patch of hard, pale cold skin. Get out of the cold and slowly warm up the part of your body that is affected. If it stays numb, get emergency care.

-- **Know the signs of hypothermia**, often called "exposure": intense shivering, slurred speech, loss of coordination, and fatigue. Seek emergency care immediately if you suspect hypothermia.

From www.mayoclinic.com

Recipe of the Week

Healthy Buffalo "Wings"

Makes 5 servings

1 lb. boneless, skinless chicken breast
¼ cup whole wheat flour
1 Tbsp. olive oil
1 cup Frank's Red Hot or other hot wing sauce of your choice
Celery sticks and carrot sticks

- Preheat oven to 350°
- Cut chicken breast lengthwise into 16 strips.
- Place flour in plastic bag. Add chicken and shake to coat.
- Heat 1 Tbsp. olive oil in nonstick skillet, medium heat.
- Remove chicken from flour, add to skillet and

brown on both sides, about 2-3 minutes per side. Remove from skillet.

- Place 1 cup hot sauce in bowl, add browned chicken and toss to coat well. Remove chicken from sauce and place in baking dish.
- Bake in 350° oven for 30 minutes
- Serve with carrot sticks, celery sticks. Use fat free Blue Cheese or Ranch dressing for dipping.

Nutrition Information per serving (without dressing)

Calories: 176
Total Fat: 5g
Saturated Fat: 1g
Carbohydrate: 8g
Dietary Fiber: 1g
Protein: 21g

Tip of the Week

Keep exercise equipment like resistance bands, free weights or an exercise ball right next to the television and use them while you watch. You can get a good workout during just one program!