

### Events this Week

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

**Friday, February 8:**  
12:00 – 12:30PM  
**AND**  
12:30 – 1:00PM  
Graduate School of  
Nursing Conference  
Room, S1-853

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.**

## 85+ ways to burn calories!

We often think of sports or formal exercise when we think about burning calories. Don't forget the many other ways to add physical activity to your day. Try to squeeze in as many as you can! By burning 100 extra calories every day for a year, you can lose up to 10 pounds! Here are some ideas. In each group, the less strenuous activities are listed first. It will take you longer to burn calories with less strenuous activities, but it may be easier to fit them into your routine.

**At work** – do a few strength training exercises while you stand and wait, walk on breaks, walk during small meetings, use the stairs to go from floor to floor, climb stairs before or after work.

**In and around the house** -- Wash dishes, wash windows, garden, lay or remove carpet or tile, mow the lawn with a push/power mower, rake the lawn, refinish furniture, operate the snow blower, do light housecleaning, paint the house, pull weeds, chop and split wood, mow lawn with a push/hand mower, shovel snow, move furniture, do heavy house cleaning.

**With the family** – fly a kite, play catch,

explore the zoo, toss a Frisbee, dance slowly, walk at a slow-moderate pace to a friend's house, paddleboat, play tag, coach sports, roller skate, kick a soccer ball, wash the family car, run through the sprinkler, shoot hoops, walk the dog or push a stroller at a moderate pace, play hopscotch, skateboard, ice skate, dance fast, take a bike ride, roller blade, go backpacking, jump rope.

**Individual activities** – stretch, lift weights, bowl, golf with a cart, do water aerobics, play badminton, do tai chi or calisthenics, walk at a moderate or brisk pace, golf without a cart, hike, wrestle, swim, box, do low-impact aerobics, use a stair step machine, play singles tennis, do high impact or step aerobics, row, run, play handball.

**Team Sports** – volleyball, doubles tennis, softball, baseball, soccer, beach volleyball, basketball, flag football, hockey, football, lacrosse, water polo.

**Try something new** – horseback riding, yoga, kayaking, whitewater rafting, water skiing, fencing, snow shoeing, snow boarding, judo, karate, rock climbing.

**Stay active! Have fun!**

-- adapted from [www.kraftcanada.com](http://www.kraftcanada.com)

### Recipe of the Week

#### Mediterranean Fish Stew Makes 5 servings

2 teaspoons olive oil  
4 small red potatoes (3/4 pounds), sliced 1/4 in. thick  
1 bag (1 lb) frozen red, yellow and green pepper mix  
3-4 cloves garlic, chopped  
1 small onion, chopped in large pieces  
½ cup white wine or water (may need more)  
1 jar (24 - 26 ounces) low-fat marinara sauce  
1 pound tilapia or catfish fillets, cut into 3-inch pieces  
1/8 – ¼ teaspoon red pepper flakes (to taste)  
¼ cup chopped cilantro

- Heat oil in a large nonstick skillet over medium heat. Add onions and garlic and sauté for 2 to 3 minutes. Remove from pan. Increase heat to medium high. Spread potatoes in an even layer. Top potatoes with frozen peppers, sautéed onions and garlic. . Cover; cook 5 minutes.
- Add wine (water), cover and reduce heat. Simmer 5 minutes or until potatoes are tender, stirring a few times. Add marinara sauce and bring to a boil. Reduce heat; place fish on top. Add water if necessary. Cover and simmer 5 to 6 minutes until fish is cooked. Sprinkle with red pepper flakes and cilantro.

Recipe adapted from Woman's Day February 2008

#### Nutritional Information:

Calories: 315	Carbohydrates: 40g
Fat: 6g	Fiber: 5g
Saturated fat: 1g	Protein: 21g

### Tip of the Week

Try instant, quick-cooking, microwaveable or frozen cooked brown rice! They are easy and healthier alternatives to white rice. White rice does not have the fiber, minerals, vitamins or phytochemicals that are in brown rice.

Adapted from Nutrition Action Health Letter, Center for Science in the Public Interest.