

Events this Week

Quick and Healthy Dinners

Stop by our display! Learn benefits of cooking vs. dining out, tips of what to have on hand for quick, healthy and tasty dinners. Our great handout packet has 7 recipes and dinner menus to try, tips for stocking the fridge and more!

Monday, Feb. 11:
4:00 – 6:30pm
Cafeteria

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.

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.

Take it to Heart!

Your heart muscle is a little pump with a big job. This Valentine's Day, give yourself a stronger and healthier heart. Your loved ones will thank you! Take these steps to help prevent heart disease.

Be physically active. Try for 30 minutes a day of moderate exercise, 5 days a week. No time to exercise? Be more active by taking the stairs as much as you can and breaking 30 minutes of activity into two or three shorter periods. Dr. Walter Ettinger, president of UMass Memorial Medical Center calls them "exercise snacks".

Eat heart healthy. Eat vegetables every day. Use olive or canola oils in cooking. Snack on fruit or a handful of nuts. Eat more legumes/beans and fish for protein and less beef, pork and hamburger. Eat whole grain breads. Choose fat-free and low-fat dairy products. And avoid foods made with partially hydrogenated oils.

Know about sodium. Look at the nutrition facts panel on food packages to see how much sodium (salt) it has. For a healthy heart, aim for 2,300mg of sodium per day or

less.

Don't smoke and stay away from tobacco smoke. Smoking cigarettes or cigars increases your risk of developing heart disease two to four times of non smokers. When you stop smoking that risk starts to drop. If you do smoke, make plans to quit and follow through.

Aim for a healthy weight. Go to stepaheadprogram.com for information on getting to and staying at a healthy weight.

Start now! A lot of people don't think about heart health till they get a wake-up call, like a high blood pressure or high cholesterol reading. Daniel Jones, M.D., president of the American Heart Association, says "the best strategies for the prevention of heart disease begin early in life". This is especially important since heart disease is the leading cause of death for American women and men.

From: The American Heart Association and Healthy You, American Public Health Association. Want to learn more? Go to www.heart.org, www.nhlbi.nih.gov or www.goredforwomen.org

Recipe of the Week

Super Simple American Chop Suey
Healthy version of a New England favorite
Makes 5-6 servings

1 pound ground turkey meat (at least 97% fat free)
1 large green pepper
1 large white onion, diced
10 ounces whole wheat pasta (ziti, penne or rotini)
2 cups of your favorite marinara sauce
Garlic powder (to taste)
Ground black pepper

- Spray large skillet with cooking spray. Add peppers and onions. Cook at medium-low heat until tender (about 10 minutes). In a separate

large skillet, cook ground turkey meat until browned. Add garlic powder and ground black pepper to taste. Drain any excess grease.

- Cook pasta according to packaged directions.
- Add ground turkey meat, pasta and marinara sauce to skillet with peppers and onions. Simmer for about 5 minutes stirring occasionally.

Nutritional Information:

Calories: 375
Total Fat: 7g
Saturated fat: 2g
Carbohydrates: 55g
Fiber: 6g
Protein: 25g

Tip of the Week

Here are some favorite ideas for healthy Valentine's Day gifts from the Step Ahead team: Gift certificate for a massage or yoga classes, personalized mug and gourmet coffee beans, humorous book or CD or DVD, gift bag of heart-healthy foods, fresh strawberries.