

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!

**Wednesday,
February 27:**
11:30am – 1:30pm
Cafeteria

2:00pm on
Lakeside Lobby

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.

Be Active and Boost Your Mood!

Exercise can help people feel better emotionally and mentally as well as physically. Both strength training and aerobic exercise can lessen symptoms of depression when done on a regular basis, at least 30 minutes at a time, three or more times a week. Even a single short session of activity, as little as 10 to 15 minutes, has been shown to improve mood for a few hours.

Research shows that physical activity may have many positive effects related to mood. These include improving sleep, reducing muscle tension, raising body temperature, lowering levels of stress-related hormones and raising levels of endorphins, a brain chemical that relieves pain. Also, setting and reaching exercise goals can give you a sense of accomplishment and help you feel more confident.

Not everyone feels better when they begin exercising, so don't get discouraged if you don't feel better immediately. Start by choosing activities you like and are most

likely to do. Try different activities until you find at least one you enjoy. When you exercise, pay attention to how hard you are working and be careful not to push yourself too much. Think about when you will exercise, where and with who you'll do it. Then set some goals that are easy to achieve. When you reach those goals, you can work up to exercising longer, harder and more often. Try to think of physical activity as a means to help you feel better, not as a burden. Take a good look at factors that might keep you from being active and then do some problem solving about how to get around them. Finally, be easy on yourself if you skip some exercise sessions or don't reach a goal. Put it behind you and start again.

Be sure to talk to your health care team about your exercise plans, and then keep them up to date on your progress.

From www.mayoclinic.com, "Depression and anxiety: Exercise eases symptoms" with contributions by Kristin Schneider, Ph.D., Post-doctoral fellow, Preventive & Behavioral Medicine.

Recipe of the Week

New World Slow Cooker Turkey Stew

This flavorful dish is made in your slow cooker. An easy and colorful way to use winter vegetables.
Serves 6

1 pound skinless turkey breast cut in 1-inch pieces
1 28-ounce can low sodium diced tomatoes, in juice
1 15-ounce can black beans, rinsed and drained
1 8-ounce can tomato sauce
1 cup butternut squash, cut in 1-inch cubes
1 medium onion
½ cup low sodium chicken broth
½ cup frozen corn
½ cup dried cranberries
1 Tablespoon chili powder
1 to 2 cloves garlic, minced
2 to 3 cups baby spinach

Garnish: ½ cup shredded reduced fat Monterey jack cheese with jalapeno peppers.

- In a 5 quart slow cooker, combine turkey, canned tomatoes, beans, tomato sauce, squash, onion, ½ cup chicken broth, corn, cranberries, chili powder and garlic.
- Cover and cook on low heat setting for 10 to 12 hours or on high heat setting for 5 to 6 hours. If desired, stir in additional broth to reach desired consistency. Add in spinach just before serving. Garnish with shredded cheese.

Recipe adapted from *Better Homes and Gardens*

Nutritional information per serving:
Calories: 334 Carbohydrates: 41g
Fat: 6g Fiber: 11g
Saturated fat: 3g Protein: 31g

Tip of the Week

Eat on a regular schedule. Try not to skip meals. Eating regularly will help you avoid hunger pangs and over-eating later in the day.