



Events this Week

Spring Training Sign Up

Want to lose weight? Eat better? Be more physically fit? Sign up for our Spring Training Challenge! Earn points for doing healthy activities and win prizes! Sign up at one of our tables during the times below, get a registration packet from the information center, or download a copy from our website (www.stepaheadprogram.com)

Monday, March 3:
11:30am – 1:30pm
Cafeteria

Tuesday, March 4:
7:00 – 9:00am
Lakeside Lobby
AND
4:30 – 6:30pm
Cafeteria

Friday, March 7:
11:30am – 1:30pm
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.

Spring Training!

Spring is almost here -- it's a great time to get serious about your health goals! Step Ahead can help you reach them with our 6-week Spring Training challenge. Sign up this week and start on Sunday.

Every week we'll send out a list of challenges, steps on the way to healthier eating, improved physical fitness and weight loss. Do as many of the week's challenges as you wish, on as many days of the week as you want. On the challenge sheet give yourself one point for each day for each challenge you do. Total up each day's points and send in your weekly totals to Step Ahead.

At the end of six weeks, the person with the most points will win a grand prize, and there will be raffle prizes for people who have turned in their totals each week. And, you will be well on the way to better health!

For support from co-workers or a little friendly competition, put together a team. The team with the highest average number of points will win a grand prize, and there will be a raffle for teams that have turned in their totals each week too.

Last year, Step Ahead ran a similar program. We had great participation from the staff. One person said, "It was really fun doing this. I have found the different steps 'now' a part of my daily routine." A member of last year's winning team said, "We have enjoyed participating. The challenges not only teach us some good life long eating and exercise habits, but it brings our TEAM together as co-workers in a different way. By joining as a team, it also helped keep us motivated knowing that the team was counting on each individual to be successful."

So, get ready, get set for Spring Training! Please join us!

Recipe of the Week

Sarah's Italian Turkey Pie Makes 5 servings

1 Tablespoon olive oil
20 ounces ground turkey breast
¾ cup reduced fat shredded pizza cheese
½ cup egg substitute
½ teaspoon oregano
1 medium onion, sliced thin
1 medium red pepper, diced
Cooking spray

- Preheat oven to 375°F.
- Sauté onion and red pepper in olive oil.
- In a medium bowl, combine turkey,

cheese, eggs bread crumbs and oregano. Add onions and red pepper. Spray a 10-inch glass pie plate with cooking spray. Press turkey mixture in the pie plate. Bake at 375° for 35 minutes. Cool for a few minutes. Cut into 5 pieces.

Nutritional Information (per serving):

Calories: 258
Total Fat: 7g
Saturated Fat: 2.5g
Carbohydrate: 11g
Dietary fiber: 1g
Protein: 30g

Tip of the Week

The best types of exercise are the ones that you will do on a regular basis. (From familydoctor.org, American Academy of Family Physicians)

Visit www.stepaheadprogram.com for more information about Step Ahead!