



Walking and Walking Groups

Refresh yourself during the work day -- take a walk! Even ten minutes can increase your energy for the rest of the day. Is it hard to find time to exercise? Several short walks or periods of activity each day can be your answer! Short "bouts" of physical activity fit into your daily routine can provide the same benefits as a single longer workout. Where to go? Look in your Step Ahead Employee Resource Book for walking routes in the school building, around the campus or in the nearby neighborhood.

Better together! Walk with a "buddy" or put together a walking group with co-workers. This can make walking more fun! At Step Ahead schools, informal discussions and brainstorming sessions are happening when people walk together. Having a walking buddy or group can help you make a habit of walking because you feel a commitment to your fellow walker(s). Groups and "buddies" walking together make your school feel like a place

where employees are active, and that can help everyone actually BE more active. For a Walking Group Toolkit with ideas for how to get started and how to keep going, and charts to keep track of individual or multiple walkers, check your Step Ahead Employee Resource Book or go to www.stepaheadprogram.com. Even if you can't actually walk together, your group can give each other encouragement and support, or even a little friendly competition.

As you start up:

- Build a regular walk time into the work day.
- Keep track of time or distance walked.
- Set group goals such as walking the distance of the Appalachian Trail (about 2179 miles) or to reach a "destination," such as Washington, D.C. (449 miles from Boston).
- Do something special together when you reach your goal; then choose a new goal!

Recipe of the Week – Sweet Potato, Corn and Kale Chowder

Adapted from the Whole Foods Market Cookbook

Serves 6-8

- 1 Tablespoon canola or olive oil
- 2 medium carrots, chopped
- 1 medium red onion, chopped
- 1 stalk celery, chopped
- 1 large red pepper, seeded and chopped
- 1 large sweet potato, peeled and chopped
- 1 sprig fresh thyme, minced (or 1/2 tsp. dried)
- ¾ teaspoon turmeric
- 1 medium tomato, chopped
- 5 cups cold water, chicken or vegetable stock
- 1 cup frozen corn kernels
- 4 cups chopped kale leaves, remove heavy stems
- 1 Tablespoon corn starch
- ½ cup chopped fresh parsley
- Cayenne pepper, salt and pepper to taste

1. In a large pot, heat oil over medium high heat. Sauté carrots, onion, celery, pepper and sweet potato for 3 minutes.
2. Add thyme and turmeric; stir well.
3. Add tomato and water or stock. Simmer 20 minutes.
4. Add corn, kale, salt and pepper, simmer 5 minutes.
5. Season with cayenne pepper if desired.
6. Combine cornstarch with 2 tsp. cold water.
7. Mix into soup well. Simmer for 3 minutes.
8. Remove from heat and stir in parsley.

Nutrition Information (1 cup serving):

Calories: 70 Carbohydrate: 13 grams
 Total fat: 2 grams Protein: 2 grams
 Saturated fat: 0 grams

Tip of the Week Popcorn is a whole grain and can be a healthy, high fiber snack. Use little or no added salt or butter. Sprinkle popped corn with some grated parmesan cheese and a little cayenne pepper, or with a bit of buttermilk powder and onion powder. For air-popped corn, spritz with a little olive oil cooking spray so your toppings will stick. Enjoy!

— adapted from www.mypyramid.gov, www.eatingwell.com, and www.family.go.com