

*Events this Week*

**WORKSHOPS**

**Strength Training:  
Easy Physical  
Activity You Can  
Do Anywhere  
Using Resistance  
Bands**

Thursday, January 4:  
12:00 NOON  
Center for Health and  
Fitness A-level

To purchase a  
pedometer, visit the  
Step Ahead office at  
S7-746.

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.

## Goals and New Year's Resolutions

What is your New Year's resolution? New Year's is often a time for change, a chance to do something new or differently. Goals can help you keep your resolution, for they can be stepping stones on the path to change. A useful goal is one that is *realistic* and *flexible* and can be *measured*.

### Make your goal realistic

Many of us would like to instantly change something about ourselves, but in reality, change takes dedication, planning, and time. A realistic goal helps with this change, for it is one that you can actually do. For example, you may want to eat more fruits and vegetables each day. A realistic goal could be to *eat two extra servings of fruit or vegetables every day for a week*. This is not too big a change, so it is likely to be more realistic than trying to make a very large change all at once. When you succeed at this goal, it can make a difference in your health and the way you feel, and help you get ready to set your next goal and make your next change.

### Choose a goal you can measure.

Perhaps you would like to be healthier, or in better shape. How will you know when you are healthier or in better shape? Set a goal that clearly states when you have met it. This goal

can lead up to bigger dreams, and helps you to measure your progress. For example: *I will take the stairs to my office on the 4th floor at least once a day*. You can easily count, or measure, the number of times you take the stairs instead of the elevator. This is a measurable goal.

### Make your goal flexible

Allowing for change in your life can be an important part of reaching your goal. Perhaps you would like to complete a fundraising walk this year, and would love to walk everyday at lunch, but are not sure that you would be able to walk every day. A flexible goal would take this into account. For example, your goal could be: *I will walk a total of 30 minutes during one or more breaks at work, three times a week*. This goal works with the limitations of your schedule, for it does not say that you will walk every day or for 30 minutes all at one time.

For more information on setting goals, look at our newsletter called **Make Goals Work for You!** on Step Ahead's website [www.stepaheadprogram.com](http://www.stepaheadprogram.com) in the Newsletter Archive section.

**Upcoming Event:** Step Ahead's Next Challenge: Make it a No-Gain New Year, beginning January 8th! Stay tuned...

## Recipe of the Week

### Turkey Cabbage Soup

A rich and flavorful soup. It makes plenty, so freeze any leftovers to have a quick meal.  
8 generous servings

1 lb. lean ground turkey  
1 large onion, peeled and chopped (1 C.)  
1 46 oz. can tomato juice, low sodium  
1 1/4 lb. green cabbage, chopped  
3 large carrots, chopped  
3 ribs celery, chopped  
1 bouillon cube or packet, low sodium  
fresh ground pepper, to taste  
2 Tbsp. brown sugar (optional)  
2 Tbsp. lemon juice (optional)

- In a large pot, brown the turkey and onion, breaking up the meat into small bits. Drain off any fat and transfer to a large pot.
- Add tomato juice, cabbage, carrots, celery, bouillon cube and pepper. Bring to a boil, reduce the heat, cover pot and simmer for 1 – 1 1/2 hours. If it gets too thick, add water.
- When it has finished cooking, add lemon juice and brown sugar if desired, while soup is still hot. Stir till sugar is melted and lemon juice and sugar are well blended into soup.

#### Nutritional information:

Calories: 150	Total Fat: 3g
Saturated fat: 1g	Carbohydrates: 17g
Dietary Fiber: 3.6g	Protein: 15g

## Tip of the Week

Got milk? By switching to 1% milk or nonfat milk from whole or 2% you will save between 20-70 calories every time you drink an 8 oz. cup.

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)