

Events this Week

Farmers' Market

Tuesday, July 17:

1:00 – 5:00pm

On the Terrace outside the Medical School Entrance

Quick and Healthy Dinners featuring the new Salad Savvy Recipe Book

Stop by and ask questions and pick up a terrific packet of information, ideas, recipes and dinner menus! Also, pick up a copy of our new salad savvy recipe book with 16 recipes for main dish salads, side salads and dressings, including healthier versions of old favorites and exciting new ideas.

Thursday, July 19:
5:00 – 6:30pm
Cafeteria

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@stepaheadprogram.com.

Small Steps Make a Difference

Congratulations to each person who completed our recent Small Steps campaign! This challenge encouraged small changes to create a healthier lifestyle. The small decisions we make each day make a huge difference to our health!

And the winners are...Angela Jones from the Clinical Engineering Department is the individual winner! She has won a \$25 gift certificate from Nancy Chang Restaurant located on Chandler Street in Worcester. The team with the highest team average is SOSA. The members will share a gift basket of healthy snacks. Congratulations!

Each person who completed the challenge has won a coupon for a free sub from the Subway restaurant at the Greendale Mall. (We know that you will choose a healthy sub!) By the way, every hospital employee has a 10% discount off a regular item at that restaurant.

We would like to share what some participants are saying about the Small Steps Challenge and other Step Ahead activities.

"I felt it [Small Step Challenge] to be a

wonderful start for myself. It motivated me to walk not just in the hospital but also took the time out to walk to work and after work. I also paid more attention to what I was eating and drinking. Now I will admit that it was not easy at first but I am totally trying to keep it up and lose some pounds so thank you for the encouragement."

"I've taken part in a couple of the Step Ahead challenges now, and I've really enjoyed them. They educate you about healthy and unhealthy choices and make you more aware of the control you have over those choices. They offer fun and interesting activities, recipes, and food alternatives which I've found very useful. I found the addition of lemon juice on vegetables to be a great alternative to the usual choices."

"I enjoy participating in the Step Ahead programs because the programs remind me to do the things that I know I should be doing, but sometimes forget to do or don't make the time to do. The program also reinforces that I am doing some things correctly."

Keep it up!

Recipe of the Week

Grilled Mixed Vegetables

4 servings

Add leftover grilled vegetables to salads and sandwiches

1 medium yellow squash or zucchini, thickly sliced
4 medium carrots, peeled and thickly sliced
1 small broccoli crown, cut into pieces
1 small onion, thickly sliced
2 Tablespoons olive oil
½ teaspoon garlic powder
Salt and pepper to taste
(try adding additional spices like oregano, basil, rosemary)

- Combine vegetables, olive oil, garlic powder and ground pepper (other spices) in a medium bowl and toss gently to coat.
- Place vegetables on large piece of aluminum foil, allowing several inches of extra foil around the edges. Cover with a second large piece of aluminum foil. Fold edges of foil together and turn upward (so it won't spill).
- Cook on outdoor grill, over medium heat turning foil packet every few minutes to cook vegetables evenly. Grill about 15-20 minutes.

Nutritional Information:

Calories: 115

Fat: 5g

Saturated Fat: 0.7g

Carbohydrates: 15g

Fiber: 6g

Protein: 4g

Tip of the Week

The Weight Center is announcing an employee discount of 25% on its premier nonsurgical weight management program! For more information call the Weight Center at: 508-334-3886 or review their website www.umassmemorial.org/weightcenter

To learn more about Step Ahead visit www.stepaheadprogram.com