

## You CAN make time for exercise!

Like so many things in life, there may never be a perfect time to get more exercise. Make the best of your situation **now** rather than waiting for a “better” time. It isn’t easy making exercise a habit, but that’s not a good excuse!

**Don’t let yourself get bored.** Try a new and different activity, rotate among a few favorites, or find someone to do an activity with you to keep your interest up.

**Don’t wait for a big wave of motivation to come carry you along.** Work at it one day at a time or even one activity period at a time. Build your motivation as you go.

**Don’t wait for a two-hour time block to appear in your schedule.** Get your exercise in several short bouts of 10 or so minutes a few times throughout the day. An Exercise Time Finder chart may help you identify times to exercise; use the phone application or get one at [www.stepaheadprogram.com](http://www.stepaheadprogram.com).

**Don’t focus only on long-term results you won’t see for weeks or months.** Instead, look today for:

- Satisfaction. It feels good to finish a workout or exercise session!
- Relaxation. A good workout or exercise session

will both energize and relax you.

- Confidence. Show yourself that you can follow through on your promise to exercise, and enjoy the benefits of improved posture and balance.

### Make it hard to avoid exercise.

- Keep equipment ready and handy – sneakers at your desk, resistance band in your backpack, gym bag packed and in the car, bike tires pumped up.
- Schedule exercise a week in advance.
- Get up 30 minutes earlier for a treadmill session or a brisk walk or run around the neighborhood. Start your day having accomplished something!
- Sign up for a class, a gym, a team, or a run/walk to give yourself a commitment to fulfill.
- Add fitness to your routine: Commute to work and errands by bike or on foot, or park as far away from the building as you can. Make housecleaning and yard work into exercise sessions. Plan active occasions like visits to the zoo, hikes, or neighborhood clean-ups with friends and family.

-- adapted from [www.exercise.about.com](http://www.exercise.about.com)

## Recipe of the Week : Roasted vegetable ratatouille

makes 10 cups a great side dish, omelet or crepe filling, or topping for pasta, rice, chicken or fish

1 lb. eggplant, ½” diced  
 ½ teaspoon salt  
 2 Tablespoons olive oil  
 1 lb. zucchini, 1” diced  
 1 lb. yellow summer squash, 1” diced  
 1 very large or 2 medium onions, cut in wedges (cut wedges in half crosswise if very large)  
 1 large or 2 medium red or green peppers, 1” diced  
 1 to 2 large tomatoes, 1” chopped and drained  
 2 Tablespoons finely chopped garlic  
 3 Tablespoons minced fresh oregano or 2 teaspoons dried oregano  
 Ground black pepper

1. Preheat oven to 400 degrees.
2. Dice eggplant first. Combine with salt and set aside in a colander to drain.
3. Chop zucchini, squash and onions; put in a large bowl. Drain eggplant; add to bowl. Toss with olive oil. Place in a roasting pan.
4. Bake 45 minutes, stirring once or twice.
5. Combine tomatoes, garlic, oregano and pepper. Stir tomato mixture into zucchini mixture, bake another 20 minutes.

### Nutrition information per cup:

Calories: 49 Total Fat: <1g Saturated Fat: <1 g  
 Sodium: 124mg Carbohydrates: 11g  
 Dietary Fiber: 4g Protein: 2g

**Tip of the Week:** Make fish tacos using cooked frozen fish sticks for the filling. Warm refrigerated corn tortillas on a hot skillet or griddle, then fill with fish sticks, coleslaw and salsa.-- adapted from [allrecipes.com](http://allrecipes.com)