

TBS News and Updates

TBS Happenings

April 2008

Roasted Asparagus with Dijon Lemon Sauce

Outdoor Activities: TBS is partnering up with the Northfield Mountain Recreation Center to bring you some fun and educational hikes during this summer season. Debi Garlick will give fitness tips while Beth Bazler shares some natural and cultural history of her favorite spots. The hikes will take place every 3rd Saturday starting April 19th at the Turners Falls Bike Path. Cost is FREE to all ages 12 + member or non-member are welcome to join! Check the website for more details!

Tanning Special: 30 days of unlimited tanning for \$30.00. Purchase by April 30th at the front desk!

Next Hike: will be Sunday, April 27th up Spruce Mountain at Savoy State Forest. The group will leave TBS at 9am for the 45min ride to Florida, MA. Cost is free for members and \$5 for non members.

Announcements:

Congratulations to TBS staffers Sarah Rury and Erika Heilig for the birth of their baby boy, Elliot Sebastian!

Female runner looking for running companion for 3-4 mile runs at moderate pace. Please sign up at the front desk if you are interested!

Some great websites about health and fitness to check out:

www.active.com

www.cookinglight.com

www.fitnessmagazine.com

www.webmd.com

Ingredients

- 2 pounds asparagus spears, trimmed
- 4 teaspoons extravirgin olive oil, divided
- 1/2 teaspoon kosher salt
- 2 garlic cloves, minced
- 1 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh parsley



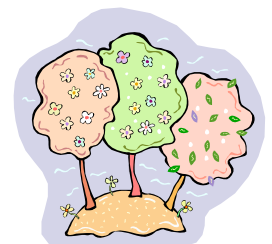
Preparation: Yields 6 servings

Preheat oven to 425°. Combine asparagus, 2 teaspoons olive oil, salt, and garlic in a large bowl, tossing well to coat. Arrange asparagus mixture in a single layer on a baking sheet. Bake at 425° for 12 minutes or until crisp-tender.

Combine remaining 2 teaspoons oil, rind, juice, mustard, and pepper in a small bowl, stirring with a whisk. Arrange asparagus on a platter; drizzle juice mixture over asparagus. Sprinkle with parsley.

Nutritional Information

CALORIES 60(50% from fat); FAT 3.3g (sat 0.5g, mono 2.2g, poly 0.6g); PROTEIN 3.4g; CHOLESTEROL 0.0mg; CALCIUM 40mg; SODIUM 166mg; FIBER 3.3g; IRON 3.3mg; CARBOHYDRATE 6.8g



Finding the Right Walking Shoe

Wearing walking shoes that are comfortable and fit your feet can help prevent injuries such as blisters and calluses. Walking shoes that fit properly can also help you stick with your walking program. But not all shoes are created equal. Find the features and fit that are right for you.

Account for the shape of your feet

Feet come in many shapes and sizes. To avoid painful problems, consider the shape and size of your feet when buying a pair of walking shoes.

Width and length:

Shoes that are too narrow or too wide can lead to painful blisters and calluses. In addition, a toe box that's not high enough — and doesn't provide enough room for your toes — can aggravate foot disorders such as bunions and hammertoes.

Arch type:

The intricate alignment of bones, muscles, ligaments and tendons in your feet form side-to-side (metatarsal) and lengthwise (longitudinal) arches. As you walk, these springy, flexible arches help distribute your body weight evenly across your feet. Your arches play an important role in how you adapt to various surfaces as you walk.

Choose walking shoes that accommodate your arch type. Generally speaking, your feet fall into one of three categories:

Neutral-arched feet. Your feet aren't overly arched nor are they overly flat. Look for shoes with firm midsoles, straight to semicurved lasts — last refers to the shape of the sole and the footprint around which the shoe is built — and moderate rear-foot stability.

Low-arched or flat feet. Low arches or flat feet may cause muscle stress and joint problems in your feet and knees because your feet don't support your body as well. Look for a walking shoe with motion control to help stabilize your feet.

High-arched feet. High arches can result in excessive strain on joints and muscles, as your feet may not absorb shock as well. Look for cushioning to compensate for your lack of natural shock absorption.

Get the best fit

A good rule of thumb is to look for comfort and fit — not fancy design. The latest technology won't matter if the shoe pinches, pokes or hurts your foot. Here are some tips for selecting walking shoes:

- Wear the same socks you'll wear when walking, or take the socks with you to the store.
- Buy shoes at an athletic shoe store with professional fitters or at a store where you have lots of options.
- Ask the salesperson to measure both feet, measure them yourself, or have a friend or family member help you. Stand up while your foot is measured to get the most accurate measurement.

If one foot is larger than the other, try on a pair that fits your larger foot.

- Try on both shoes and check the fit. Wiggle your toes. If you don't have at least a half-inch between your longest toe and the end of the shoe — approximately the width of your finger — try a larger size.
- If you can detect the outline of your toes in the top or on the side of the shoe, try a larger size or wider shoe.
- Be sure the shoe is wide enough. The side-to-side fit of the shoe should be snug, not tight. If you're a woman with wide feet, consider men's or boys' shoes, which are cut a bit larger through the heel and the ball of the foot.
- Walk in the shoes before buying them. They should feel comfortable right away. Make sure your heel fits snugly in each shoe and doesn't slip as you walk.



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