



TANGER BE WELL BULLETIN

April 2009

GYM ETIQUETTE

After use, please re-rack your weight plate on the Smith machine or weight benches. Plates left on the bars pose a safety threat.

Remember to wipe down the exercise equipment after each use. Spray bottles and paper towels are provided in the fitness center.

MASSAGE THERAPY

For information on massage therapy services or to schedule an appointment, contact **Heather Monteiro**, LMT, CLT at (617) 667-0168 or hmonteir@bidmc.harvard.edu.

GROUP EXERCISE CORNER

Effective **Monday, April 6th** afternoon classes which previously began at 1:00 p.m. will start **five minutes later, at 1:05 p.m.**

This includes Vinyasa Yoga, Muscle Conditioning, Yoga and Circuit Training classes.

MEMBERSHIP

Monday, April 20th ~ Patriots Day – CLOSED

Reminder: Non-rental lockers are available for day use, *only*. Please remember to remove your belongings prior to departure.

FUNCTIONAL FOCUS: SNACKING FOR STRENGTH

While many people still associate snacking with "junk" foods like chips and cookies, there is a benefit for those who snack. The longer you go without eating, the more likely you are to have more body-fat and less muscle. Frequent eating also helps maintain a person's metabolic rate, good energy balance, lower weight and lower serum lipids. If well planned and wisely chosen, snacks can be an important part of your daily food intake and your overall health.



Snack Styles:

Finger foods (Portable and on-the-go foods): Blueberries, grapes, strawberries, cherry tomatoes, and dried fruits.

Crunchies (A snack with a crunch): Carrot sticks, celery sticks, pepper strips, rice cakes, bread sticks, fat-free granola bars, dill pickles, and air-popped popcorn.

Refreshers (Hot day snacks): Sherbet, frozen yogurt, melon wedge, vegetable juice, and fruit juice

Carbo loaders (For those tough training days): Bagel with jam or non-fat cream cheese, baked potato, cereal, apple, and pasta.

Protein-packed (When extra protein is needed): String cheese, boiled eggs, low fat cottage cheese, tuna, sliced lean turkey, and yogurt.

WELLNESS INFORMATION



Spring is a time for new leaves and life transitions. When trees come into leaf and flowers start to bloom, it is a good time to look at your life and see what changes you can make to positively affect your lifestyle. During the month of April, we are focusing our wellness efforts on the NEW YOU!

Some of us want to kick the smoking habit, others want to jump-start an exercise program, and many want to shake off a few pounds. No matter what changes you are trying to make, the most important factor is to stick to your resolve. Standing by your commitment can be the hardest part when it comes to lifestyle changes because we are typically 'addicted' to our old habit patterns. In order to be successful in making the changes you want, follow these steps:

- **Make a commitment and WRITE IT DOWN**
- **Pick a start date and establish weekly goals**
- **Talk with a professional educator, exercise physiologist, dietician, or psychologist**
- **Know what the typical barriers may be and avoid them if possible**
- **Prepare yourself for setbacks**
- **Remind yourself daily of your reason for wanting this lifestyle change**
- **Learn to say 'NO' to friends, family, co-workers, and other people who may invite you to return to your old ways**
- **Congratulate yourself every day– especially in the beginning – and reward yourself often**

UPCOMING PROGRAMS

Seminars:

Friday, April 3rd ~ The Weight is Over: Stress Management and Recuperation - 12 Noon-1:00 pm. Kirstein Living Room.

Learn how stress can lead to weight gain and health complications. Should you have any questions regarding this seminar, please email TheWeightIsOver@bidmc.harvard.edu.

Wednesday, April 29th ~ Living Simply - 12 Noon – 1:00 pm. Trustman Boardroom.
Learn how simplifying your life can help you meet your wellness goals.



Six Week Employee Contest~ Summer Steppin' 2009!



Back by popular demand, the BIDMC walking program will begin again in May. Employees may join as individuals or as a team of up to ten members. Individuals and teams who **increase their steps by 50% or more will be eligible for raffle prizes**. Check the portal for more information on registration, which will start at the end of the month. Each employee who registers will receive a complimentary, new and improved pedometer and information on exercise and heart health.