TANGER BE WELL BULLETIN

October 2009

MASSAGE THERAPY

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

MEMBERSHIP

Monday, October 12: Columbus Day – CLOSED

Special offer! Receive a **free** visit when you purchase and use a 5-visit or 10-visit wellness punch card. You must present the "used" card to the front desk staff to redeem this offer which expires on December 31, 2009.

GYM ETIQUETTE

Please dispose of your plastic water bottles in the recycle bin near the water fountain in the fitness center.

GROUP EXERCISE CORNER

NEW ZUMBA CLASS!

Thursdays 5:30pm-6:15pm
Instructor: Nathali

Zumba is a fusion of Latin and international music and dance themes creating a dynamic, exciting, and energizing workout….a fun, hip swinging, body pumping, and booty shaking way to get in shape.

WELLNESS: Bone Health

- **Calcium**
  - Mineral needed for STRONG bones
  - Dairy products—*low fat or nonfat milk, cheese, and yogurt*
  - Dark green leafy vegetables—*bok choy and broccoli*
  - Calcium fortified foods—*orange juice, cereal, bread, soy beverages, and tofu products*
  - Nuts—*almonds*
- **Vitamin D** helps with the absorption of calcium

Ages	Amount mg/day
Birth–6 months	210
6 months–1 yr	270
1–3	500
4–8	800
9–13	1300
14–18	1300
19–30	1000
31–50	1000
51–70	1200
70 or older	1200
Pregnant & Lactating	1000

Maintaining Bone Density

- Adequate amounts of Calcium and Vitamin D in diet
- Weight Bearing Exercise
  - Including Strength Training machines and free weights

Factors Associated with Bone Loss

- Smoking
- Excessive caffeine
- Overuse of soda or other drinks with phosphorus
- Sedentary lifestyle
- Over-consumption of sugar and salt

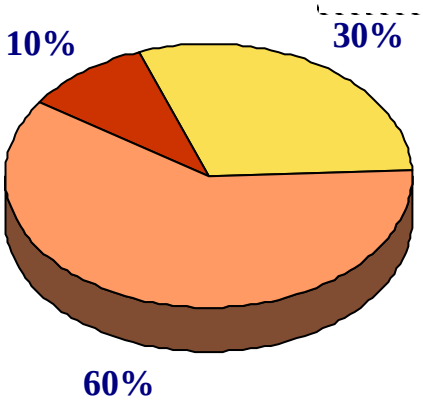
FUNCTIONAL FOCUS: Weight Loss and Metabolism

Weight loss occurs when more calories are expended than consumed. Caloric intake is the amount of food and drink consumed. Caloric expenditure is a combination of metabolism, activity levels and the thermic effect of food.

Caloric Expenditure

Activity Level:
Calories can be burned by engaging in many types of physical activity including household work, errands and cardiovascular exercise.

Thermic Effect of Food:
Calories burned during chewing and digestion.
Eating small meals and snacks throughout the day increases the Thermic Effect.



Basal Metabolic Rate (BMR):
Calories burned throughout the day to maintain muscle mass and physiological processes. Strength Training helps to increase BMR.

Factors Affecting Metabolism

Body composition: Muscle burns more calories than fat. The more muscle mass you have in relation to fat, the higher your basal metabolic rate. A pound of **muscle burns about 6-10 calories** a day and a pound of **fat burns only 2 calories** in a day.

Age:
As you get older, the amount of **muscle mass tends to decrease and body fat accounts for more of your weight.** This process **slows down your metabolism** naturally with age. Together these changes reduce your caloric needs.

Gender:
Men usually have less body fat and more muscle mass than women of the same age and weight.

UPCOMING PROGRAMS

Bone Density Screening

Tuesday, October 13 ~ 11:30 am- 1:30 pm Be Well Conference Room
To schedule an appointment please call Tanger Be Well @ (66)7-4695.

Seminars:

Thursday, October 8 ~ Computers and Your Vision
Friday, October 9 ~ Supplements: What You Need to Know
Friday, October 16 ~ Encouraging Bone Health

Seminars are held from 12 noon-1 pm in the Trustman Boardroom