

TANGER BE WELL BULLETIN

May 2009

MASSAGE THERAPY

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

hmonteir@bidmc.harvard.edu.



GROUP EXERCISE CORNER

Spotlight: Circuit Training

Instructor: Carine Time/ Day: 1:05 pm

Thursdays

Level of Class: All levels

This boot camp-style class is a fast-paced 45-minute workout, which incorporates both cardio and strength training. You can burn lots of calories by performing pushups and high-intensity cardio drills while using physioballs, medicine balls and more.

MEMBERSHIP

Monday, May 25th / Memorial Day - CLOSED

Please note: Over the next several weeks, we will be photographing all members, new and current. We realize that some of you may be camera-shy but this is a necessary step in assuring a secure checkin process. Members who have their picture taken during this month will have their names entered in a raffle to win a free month membership.

THE WEIGHT IS OVER RESULTS

We want to congratulate all employees who completed *The Weight Is Over*! Thank you for making the program a success!

- 150 people completed the program
- 29 reached the 5% weight loss goal (about 6%)
- 134 lost weight (about 80%)
- 750 pounds total weight was lost by the program's participants -- an average of five pounds lost in six weeks
- The biggest loser lost 35 pounds
- Three participants lost 20 pounds, each

Team Winners:

Healthy Lifters: Kaila Holtz & Kristen Vella One month of FREE health insurance

Individual Winners:

One month of FREE health insurance: Angela Williams
One month of Be Well membership: Karen Smethers



WELLNESS INFORMATION

Help! I just turned 45 and can't lose weight as quickly as I used to....

Genetics, muscle mass, gender, calorie consumption versus expenditure, and lifestyle are all factors in weight gain. Why does this happen? As we age, a decrease in our physical abilities leads to a decrease in our metabolic rate (the amount of energy used in a given period). This, in turn, contributes to weight gain. Research has shown that on-again off-again dieting does not help because individuals who diet frequently have a significant decline in their Basal Metabolic Rate.

In order to lose weight after the age of 40 you will need to:

- Get at least 30 minutes of physical activity every day. Adding strength-training to your routine can be helpful.
- Don't ignore what you are eating. Be sure to reduce the number of calories you consume if you
 are participating in less physical activity. Try eating foods that are high in fiber because they are
 filling without being high in calories.
- Eat smaller, more frequent meals. Research suggests that eating five or six smaller meals
 provides a continuous source of energy for your body. This not only speeds up your Basal
 Metabolic Rate (BMR) but also decreases cravings throughout the day.
- Do not go to extremes with calorie restriction. As a general rule, you should never eat less than 1200 calories per day; doing so will only decrease your metabolic rate and make losing weight even more difficult.
- Manage your stress. Stress causes the release of a hormone called Cortisol which can slow the
 metabolic rate. Stress also affects weight gain because we reach for more fatty, salty, and
 sugary foods than we normally would. Lastly, excessive stress causes us to store more fat in the
 abdominal area which poses greater risks to our health.

UPCOMING PROGRAMS

The following programs will be held from noon – 1:00 p.m. To register, please e-mail mgeorge4@bidmc.harvard.edu. or call (66)7-4695.

Seminar: <u>Total Prevention</u> ~ Friday, May 8th ~ Rabkin Boardroom, East Campus Presented by Tanger Be Well Center

Seminar: <u>Growing Older, Getting Fatter – Resisting Age-related Weight Gain</u> ~ Thurs., May 14 Trustman Boardroom, East Campus, Presented by Harvard Pilgrim Health Care

Panel Discussion: <u>Answering Your Exercise, Diet, Stress, and Smoking Cessation Questions!</u> ~ Wednesday, May 20th Trustman Boardroom, East Campus

Presented by Michelle George, M.S., Health Educator; Carine Corsaro, B.S., ASCM-HFS; Elizabeth Moore, RD, LD; and Susan DeCristofano, RN, MS, OCN, CLMC.

Seminar: <u>Managing Money in Tough Times</u> ~ <u>Wednesday, May 27th – Trustman Boardroom</u> Presented by Health Resources EAP

Employee Contest: Summer Steppin' 2009!

- Register now via email at SummerSteppin2009@bidmc.harvard.edu
- Contest begins May 11th and runs for six weeks
- > Teams of two to 10 members; individuals may participate, too
- Pedometers must be picked up by May 8th
- ➤ Each team and individual who increases their steps by 50% will be entered in a raffle for cash prizes