TANGER BE WELL BULLETIN

June 2009

MEMBERSHIP

Did you know?
Your fitness center membership entitles you to one free guest per month.

GROUP EXERCISE CORNER

Jump-start your day with Kim Clark, a dynamic group exercise instructor, in an energizing morning class beginning at **6:30 a.m.**

These classes will get your heart pumping which increases blood flow to the brain, making you more alert. People who do morning exercise also report having a higher energy level throughout the day.

Monday: Lo 2 Go

Wed: Muscle Conditioning,

Friday: Cardio Kickboxing

CHAIR MASSAGE

Wed., June 10th ~ 10:00 a.m. – 6:00 p.m.

Back by popular demand! Treat yourself to a relaxing 15 minute chair massage. This type of massage focuses on the head, neck, back, shoulders, arms and hands. It is performed with the client seated, facing forward**,** on a massage chair that is designed to open up the back muscles, relieving strain on the neck

To schedule your appointment contact **Heather Monteiro**, LMT, CLT at (617) 667-0168 or hmonteir@bidmc.harvard.edu. The cost is $15 for 15 minutes (cash or check accepted).

WELLNESS - Stress and Weight Gain

For many, the reality of weight gain is disconcerting when there has been no change in diet or amount of physical activity. There are several reasons why weight gain can occur. The most common is related to stress.

Prolonged stress can cause added pounds because it alters both blood sugar and Cortisol levels in the body. Cortisol increases, in order to assist your body with its fight-or-flight response. Although this has not been adequately proven to cause weight gain, the possibility exists.

Excessive stress also affects where we tend to store fat, and higher levels of stress are linked to greater levels of abdominal fat. Abdominal fat is linked to greater health risks than fat stored in other areas of the body.

Many practitioners believe that weight gain can result from eating to fill emotional needs when you are stressed. Furthermore, people experiencing chronic stress tend to crave more fatty, salty, and sugary foods. These foods are typically less healthy and lead to increased weight gain.

FUNCTIONAL FOCUS: *Which Sport Beverage is Right for You?*

Sports drinks are a concentration of water, carbohydrates and electrolytes that are designed to replenish your energy and fluid balance. Electrolytes, such as sodium and potassium, are commonly added to sports drinks to replace losses from sweating.

Sports Drink (8 oz serving)	Calories	CHO (g)	CHO source	Protein (g)	Sodium (mg)	Artificial Sweetener
Gatorade	50	14	Sucrose, glucose-fructose solution	0	110	No
Powerade	70	19	High fructose corn syrup, maltodextrin	0	55	No
AllSport	65	16	Sucrose	0	54	No
Accelerade	80	15	Sucrose	4	120	No

Sports drinks are recommended to hydrate an individual involved in sustained, intense exercise lasting longer than one hour, primarily to add carbohydrates for energy. Such drinks add fuel to the muscles for extended exercise, or recovery of muscle glycogen after exercise. The carbohydrate recommendation for sports drinks is to provide 30 – 60 grams of carbohydrate per hour. Drinks that contain 60 – 80 calories per 8 ounces supply the needed carbohydrates required for continuous performance to prevent muscle fatigue. Ideally, the best way to refuel carbohydrates is with a combination of sugars (*e.g.,* glucose, sucrose, fructose, maltodextrine). Enhanced waters provide hydration, but also calories that can contribute to weight gain if not used in moderation.

Enhanced Water (8 oz)	Calories	CHO source	CHO (g)	Protein (g)	Sodium (mg)	Vitamins	Artificial Sweetener
Propel	10	Sucrose	3	0	35	Vitamin C: 10%; Vitamin E: 10%; Niacin: 25%; Vitamin B6: 25%; Vitamin B12: 4%; Pantothenic acid: 25%	Sucralose
Vitamin Water	50	Fructose	13	0	0	Vitamin B3:10%, Vitamin B5:10%, Vitamin B6:10%, Vitamin B12:10%, Vitamin C: 60%	No
Sobe Life Water	40	Sucrose	10	0	35	Vitamin C: 100%; Vitamin E: 20%; Niacin: 10%; Vitamin B6: 10%; Vitamin B12: 10%; Pantothenic acid: 10%	No

UPCOMING PROGRAMS

Free Cholesterol Screening ~ Tuesday, June 2nd, 11 a.m. - 1 p.m.
Location: Be Well Conference Room
Register by calling Tanger Be Well @ 617.667.4695

All seminars noted below will take place ***12 Noon - 1 p.m.*** *in the* ***Trustman Board Room***

Thursday, June 11 – Obesity and Disease
Thursday, June 18 – General Stress Management
Wednesday, June 24 – Money Types: Spender or Saver
Friday, June 26 – Causes of Weight Gain