



TANGER BE WELL BULLETIN

December 2010

MASSAGE

Enjoy a 15-minute, stress-relieving Chair Massage

Wednesday, December 15
10:00 a.m. - 6:00 p.m.

\$15 for BIDMC staff
\$20 for non-BIDMC staff
Cash or check accepted

To book your massage, contact Heather Montiero at hmonteir@bidmc.harvard.edu

PERSONAL TRAINING SPECIAL

**Five one-hour sessions
for only \$200**

The perfect holiday gift!



**All packages expire
April 30, 2011**

MEMBERSHIP

Holiday Hours

Thursday, December 23: 5:30 a.m. - 4 p.m.

Friday, December 24 and Saturday, December 25: CLOSED

Thursday, December 30: 5:30 a.m. - 4 p.m.

Friday, December 31 and Saturday, January 1: CLOSED

ASK THE TRAINER

I have been consistent with my cardiovascular exercise, but am not losing any weight. What do you recommend?

It is essential for weight loss to have a balance of cardiovascular and resistance training. The American College of Sports Medicine recommends a minimum of two days a week of resistance training. During these sessions, it is important to do at least 8 -10 resistance exercises, in the range of 8 -12 repetitions per set.

With the holidays coming up, it is always a challenge to maintain a healthy diet and weight (the average person gains four to six lbs each holiday season). Here are some tips to help avoid unwanted weight gain:

- Drink 64 ounces of water a day, it is calorie-free and will help suppress your appetite.
- Set a specific goal to maintain your weight over the next few months. This will help keep your motivation level up.
- Limit your alcohol intake during holiday events. Alternate alcoholic beverages with a glass of water.
- Plan your meals ahead of time.

FUNCTIONAL FOCUS

KICK THAT COLD THIS WINTER:

EXERCISE YOUR WAY TO A HEALTHY IMMUNE SYSTEM



The immune system is our body's protective network, designed to fend off invasion by harmful substances, including bacteria, viruses, and unhealthy chemicals.

Regular physical activity supports virtually every system in the body, from bones and muscles to the heart and cardiovascular system. Moderate exercise temporarily increases the body's production of macrophages, the cells designed to fend off bacteria, and allow them to travel more efficiently through the body. Although these are temporary responses to working out, new research suggests that the more frequent the exercise, the more permanent the health benefits become.

Exercise by doing what you enjoy, whether it be dancing, tennis, jogging, bicycling, strength training or swimming. More important than the specific exercise you do is the regularity with which you do it. Thus, even relatively low levels of aerobic exercise can protect your immune system. Twenty to thirty minutes of brisk walking, five days per week, is an ideal training program for maintaining a healthy immune response.

UPCOMING PROGRAMS

Making Time to Enjoy the Holidays - Wednesday, December 8

Nutrition and the Immune System - Friday, December 10

Internet Safety - Wednesday, December 15



The above seminars will meet Noon - 1:00 p.m. in the Trustman Boardroom, Stoneman 2. To register, call (66)7- 4695 or email Carine at ccorsaro@bidmc.harvard.edu.