



# TANGER BE WELL BULLETIN

February 2010

## MASSAGE THERAPY

To schedule a massage, email Heather at [hmonteir@bidmc.harvard.edu](mailto:hmonteir@bidmc.harvard.edu) or call the Tanger Be Well Center (66)7-4695.

## GROUP EXERCISE CORNER

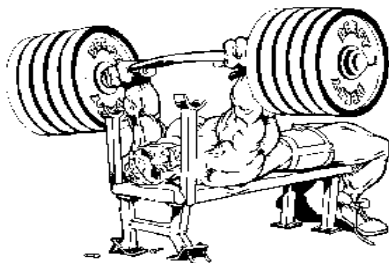
### Prep for the Tanger Be Well Bench Press Competition

**When:** Tuesday, Feb 2<sup>nd</sup>

**Time:** 1:05-1:45 pm

**Where:** Tanger Be Well Center

For active participation, remember to wear something you can train in.



### Push/Pull Competition

**Tues., Feb 23<sup>rd</sup>:** noon - 2 pm  
or 3 p.m. - 6 p.m.

**Wed., Feb 24:** 7 a.m.-10 a.m.

**Thurs., Feb 25<sup>th</sup>:** noon - 2 p.m.  
or 3 p.m. - 6 p.m.

All members are welcome to participate. Cost is \$5 p.p. Registration is required.

All participants will receive a "Push/Pull Competition" T-shirt.

## MEMBERSHIP

Monday, February 15<sup>th</sup>, President's Day~ CLOSED

## WELLNESS



Blood Pressure is the amount of force exerted on vessels when the heart contracts and relaxes. Chronic high blood pressure (hypertension) puts stress on the heart and can lead to heart attack, heart disease, congestive heart failure, and atherosclerosis.

### Risk Factors for Hypertension:

- Family history
- Advanced age
- Lack of physical activity
- Poor diet
- Obesity

### Blood Pressure Classification:

Classification	Systolic/ Diastolic
Normal	<120/80
Pre-Hypertension	120-139 or 80-89
Hypertension	
- Stage 1	140-159 or 90-99
- Stage 2	160 or higher or 100 or higher

### Blood Pressure Facts:

77% of Americans treated for a first stroke have blood pressure over 140/90

69% of Americans who have a first heart attack have blood pressure over 140/90

74% of Americans with congestive heart failure have blood pressure over 140/90

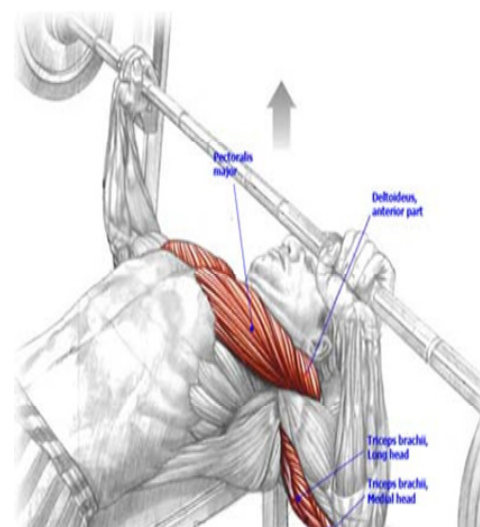
Source: American Heart Association

## FUNCTIONAL FOCUS:

### WANT TO DEVELOP UPPER-BODY STRENGTH?

#### TRY BENCH PRESSING

The bench press is a great upper-body exercise which focuses on the development of the chest muscles, as well as other supporting muscles, including the shoulders and triceps. It is one of three lifts in the sport of power lifting and is used extensively in athletic conditioning; body building, and general fitness training, to develop upper-body strength and power.



#### Improve your Technique

Solid Bench Press technique will help you lift more weight and avoid injury. Follow these tips:

- **Straight wrists:** Grab the bar close to your wrists in line with your forearm. Keep your thumb under the bar.
- **Tight grip:** Grip the bar so it does not move.
- **Tighten your upper back:** Pull your shoulder blades together and keep them tight. This gives your body a solid base to press from.
- **Drive into the bench:** Use your legs to drive yourself into the bench. This puts pressure on your upper back and traps, building a solid base.
- **Push in a straight line:** Keep the bar above your elbows and do not press it to your face. Fix a point on the ceiling where you want the bar to go.
- **Keep your elbows tucked:** To activate your back muscles keep your elbows tucked in; this will help you drive the weight up.
- **Use the pyramid scheme workout to overload the chest for superior strength development:** Start with a light weight and perform for 10-12 repetitions, then increase the weight and perform 8 repetitions increase the weight again and perform 4-6 repetitions, increase the weight once more for 5 or 4 repetitions. (Bench press example: 135lbs x 12, 165lbs. x 8, 185lbs. x 6, 200lbs x 4)

## UPCOMING PROGRAMS

#### ♥Strategies for Quitting Smoking~ Feb. 1<sup>st</sup>- Feb. 26<sup>th</sup>

This 7-minute online presentation is sponsored by Harvard Pilgrim Health Care. Log on to get the support you need to make this difficult lifestyle change. Click on the portal link to get started:

[https://www.harvardpilgrim.org/portal/page?\\_pageid=213,254722&\\_dad=portal&\\_schema=PORTAL](https://www.harvardpilgrim.org/portal/page?_pageid=213,254722&_dad=portal&_schema=PORTAL)

#### ♥Blood Pressure Screening ~ Thursday, Feb. 4<sup>th</sup> 11:30 am-1:00 pm

Kirstein Elbow, East Campus- No registration required

#### ♥Heart Healthy Nutrition Seminar ~ Friday, Feb. 12<sup>th</sup> Noon: -1:00 pm

Trustman Boardroom, Stoneman 2, East Campus

Are you one of the many Americans who are overwhelmed by all the media hype surrounding the questions of what foods are best and what foods should be avoided? Are there “super foods” that can reduce your risk of heart disease or stroke? What is the DASH diet and is it effective in reducing hypertension? Find out the scientifically-based answers to these questions and more, presented by Orianna Ellison, Dietetic Intern. Call (66)7-4695 to register.

