



# TANGER BE WELL BULLETIN

Summer Edition: July/August 2010

## MESSAGE

To book a massage or for more information, contact Heather Montiero at [hmonteir@bidmc.harvard.edu](mailto:hmonteir@bidmc.harvard.edu) or call the Tanger Be Well Center at (66)7-4695

## MEMBERSHIP

### Independence Holiday Schedule

Saturday, July 3 ~ CLOSED

Monday, July 5 ~ CLOSED



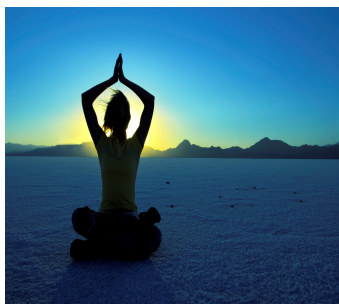
Please note that we will be photographing all members over the next several weeks. We realize that some of you may be camera-shy but this is a necessary step to ensure a secure check-in process and to help staff to develop a rapport with each member.

## GROUP EXERCISE CORNER

### Try Vinyasa Yoga

**Mondays**  
**1:05 - 2:00 pm**  
**Instructor: Anna**

Vinyasa Yoga is a flowing style of yoga that incorporates carefully balanced sequences, integrating form, movement, and breath. Classes are both vigorous and reflective – a terrific workout for the body.



For online viewing go to:  
[www.bidmc.harvard.edu/bewell](http://www.bidmc.harvard.edu/bewell)

## ASK THE TRAINER

**I have been ingesting fewer calories and exercising more, but my weight loss has not improved. What could be the problem?**

Ingesting too few calories over the course of a day can lead the body to believe it is starving, causing it to slow its metabolism and store fat. To increase weight loss, it is important to balance the number of calories *consumed*, as well as the number *burned*.

**I continue to find myself overeating throughout the day, what can I do to fix this problem?**

Try eating healthy snacks or small meals five or six times a day, rather than large meals three times daily. This will help to keep you from becoming over-hungry and eating more than you truly need.



## FUNCTIONAL FOCUS

### The Fallacy of Fat Free Foods

You think you're behaving. You eat low-fat ice cream, low-fat yogurt and fat-free cookies, and you bake your cakes with a reduced-fat mix; yet, as a nation, we are growing heavier each year. The problem is that 'low-fat' and 'fat-free' do not mean 'calorie-free.'

The biggest myth about low-fat and fat-free foods is that they are good for weight control. In fact, those fat-free foods have nearly as many calories as their full-fat counterparts. For some, the 'fat-free' label is a license to over-eat. Once fat is eliminated from a food, it is typically replaced with refined sugar or salt. Fat-free foods tend to be "empty-calorie" foods, such as cake, candy and ice cream

If you are overweight or have high blood cholesterol levels. You can use low-fat or fat-free substitutes, such as fat-free or low-fat milk in place of whole milk, reduced-fat cheese, or low-fat or light mayonnaise and salad dressings. However, avoid relying heavily on fat-free foods, particularly the "empty calorie" ones.



## UPCOMING EVENTS

### It's not too late to get in shape! **BEACH BODY BLAST CLASS**



Have some fun this summer getting in shape and burning calories. Join us for Be Well's six-week Beach Body Blast class --guaranteed to make you sweat.

**Thursdays: 6:30 -7:15 am ~ July 15 – August 19**

**Free for Tanger Be Well members**

**\$30.00 for non-members**

### **Back by popular demand! TANGER BE WELL'S PUSH-PULL CONTEST**

**Tuesday, August 24 and Thursday, August 26: Noon - 2 pm or 3 - 6 pm**

**Wednesday, August 25: 7 - 10 am**

All members are welcome to participate. Cost: \$5 p.p. Registration is required. All participants will receive a "Push/Pull Competition" T-shirt.

### **Chair Massage**

Enjoy a 15 minute, stress-relieving Chair Massage performed by Heather Monteiro, LMT, at the Tanger Be Well Center on **Wed., July 21** 10 am – 6 pm. Cost: \$15 for BIDMC staff; \$20 for non-BIDMC (cash or check accepted).

**To register for any of the above events call the Tanger Be Well Center at (66)7-4695**