



TANGER BE WELL BULLETIN

January 2010

MASSAGE THERAPY

For more information or to schedule an appointment, contact **Heather Monteiro**, LMT, CLT at 617-667-0168 or on the web at hmonteir@bidmc.harvard.edu.

MEMBERSHIP

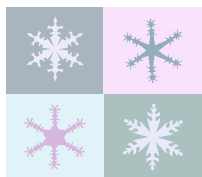
Monday, January 18th ~ Martin Luther King Day – CLOSED

WELLNESS

New Years resolutions need to be realistic, specific and measurable. Remember that healthy, permanent weight loss occurs slowly and steadily.

GROUP EXERCISE CORNER

Our new schedule is now in effect with copies available at the front desk.



Member Contest

Tanger Be Well's **Push and Pull Contest** is coming soon!

Join us for a free
Conditioning Demo on

Tuesday, February 2nd,
1:05 pm -1:50 pm in the
Group Exercise Studio.



For more information, see next month's *Bulletin*.

Food Management Goal:

- Begin with eating three solid meals a day, then progress to five healthy meals
- Keep a food journal or log on to *WebMD* to record your food and drink consumption; this is a great way to monitor (and be inspired by) progress.

Exercise Goals:

- Increase your walking time from 15 to 30 minutes a day
- Implement strength training two to three times a week

Weight Loss Goals:

- **Short-term goal:** Aim for a loss of **1- 2 pounds** per week
- **Long-term goal:** Make a one-year commitment to weight loss success
- **Remember:** *The slower the weight loss, the less chance of weight re-gain.*



FUNCTIONAL FOCUS: How to Cross-Train Your Way to Greater Fitness

The term “cross-training” started appearing in magazines and shoe stores several years ago, but was never defined. Simply put, cross-training is using more than one form of exercise or training to meet your goals. Cross-training can be done with resistance exercises, aerobic exercises, or a combination of both.

Why Cross-train?

The idea behind cross-training is based on the principle of specificity. Specificity means that the way you train determines the results you get. For instance, if you perform bicep curl exercises, your biceps will get stronger, but your calves won't benefit at all. The result of the training is directly related to the type of exercise you perform. If you spend all your aerobic training time on the treadmill, you will become a better runner; but you will not become a better swimmer. Cross-training fixes this problem, allowing you to develop strength, skills, and endurance over a wide spectrum of exercises and movements. The greatest benefit of cross-training is that the body will be better able to handle a variety of stresses.

Four Different Resistance Training Programs

DAY 1	DAY 2	DAY 3	DAY 4
Dumbbell Biceps Curl	Barbell Biceps Curls	Nautilus Biceps Curl	Preacher Curls
Overhead Triceps Press	Cable Triceps Press	Triceps Kickback	Bench Dips
Dumbbell Rows	Barbell Bench Press	Dumbbell Incline Press	Push-Ups
Dumbbell Squat	Nautilus Row	Lat Pull-down	Inverted Rows
Lateral Squat	Split Squat	Lunges	Leg Press
Ab crunches	Leg Curls	Oblique Bridges	Reverse Crunches

Four Different Aerobic Training Programs

DAY 1	DAY 2	DAY 3	DAY 4
10 minutes each	5 minutes each	10 minutes each	20 minutes each
Treadmill	Rowing	Treadmill	Treadmill
Stair Climber	Stair Climber	Elliptical	Rowing
Stationary Bike	Arm Ergometer	Rowing	
	Treadmill		
	Stationary Bile		
	Elliptical		

UPCOMING PROGRAMS



Screening: Body Fat Percentage

Tuesday, January 12th, 11:00 am -1:00 pm
Be Well Conference Room

Seminar: Working in Your Workout

Tuesday, January 26th, 12:00 pm -1:00 pm
Rabkin Board Room, SCC 10.



To register for these programs, call (66)7-4695 or email ccorsaro@bidmc.harvard.edu