



# TANGER BE WELL BULLETIN

June 2010

## MASSAGE THERAPY

To schedule a massage email Heather at [hmonteir@bidmc.harvard.edu](mailto:hmonteir@bidmc.harvard.edu) or call 617-667-0168

## MEMBERSHIP

As a reminder, all members should have their ID badges/access cards with them to gain entry to the Fitness Center. If you do not have an access card, please see a Tanger Be Well staff person to learn how to obtain one.

## GROUP EXERCISE CORNER

**Instructor:** Raul Arauz  
**Class:** Zumba  
**Thursdays:** 5:30 - 6:15 pm



Meet Raul Arauz, Be Well's new Thursday night Zumba instructor. His passion for dancing comes from years of teaching Salsa, Merengue and Hip Hop. Raul is an AFFA-certified aerobic instructor and certified Zumba instructor. When not working as a civil engineer or teaching dance, Raul volunteers his time with inner city and minority children. He also enjoys working out, mixed martial arts, spending time with his partner, and traveling.

## WELLNESS INFORMATION

### Choosing Proper Footwear

Selecting the proper shoe is the key to walking comfortably and avoiding injury. Poorly fitting shoes not only injure feet, but can also lead to shin splints, knee pain, and even hip problems.

#### Properly fitted shoes can help you:

- Reduce fatigue
- Enhance endurance
- Enhance walking mechanics
- Reduce the risk of injury

#### Tips to help you select a good shoe for walking:

- Look for a shoe that has a comfortable soft upper; good shock absorption, smooth tread, and a flexible toe and rocker sole that encourage the natural roll of your foot during walking.
- Look for a shoe that is lightweight and breathable.
- Shop for walking shoes at the end of the day when your feet will be their largest.
- Try on the shoes with socks that you will wear for walking.
- Stand when you are trying on your shoes. You should be able to wiggle your toes and there should be between three-eighths and one-half inch between your big toe and the end of each shoe.
- Try on both shoes.
- Your heel should fit firmly and comfortably in the shoe and not slip as you walk.
- Walk in the shoes to make sure they are comfortable.

**Source:** American Orthopedic Foot and Ankle Society.

## FUNCTIONAL FOCUS



### Strength Training May Reduce Joint Pain Strong Muscles Take the Stress off Joints

Research published in the *Journal of Rheumatology* suggests that relief from joint pain is linked to certain simple strength training routines.

In the study, individuals with arthritis engaged in a four-month exercise program consisting of simple weight bearing exercises, such as squats. The exercisers experienced a 43% reduction in pain and a 44% improvement in physical functioning. They were able to walk, climb stairs, sit, and stand more easily than their non-exercising counterparts.

The researchers comment that exercise is effective because muscles act as shock absorbers for the joints. Strong muscles are able to protect joints from the impact of body weight during everyday activities such as walking.

According to the findings, those wishing to strength-train should follow an individualized exercise program designed by an exercise physiologist. Strength training should be part of an overall plan to manage joint pain.

## UPCOMING PROGRAMS

### Seminars

#### Joint Health Series: What You Should Know About Your Shoulder

- Presenter: Joseph P. DeAngelis, MD, Department of Orthopaedic Surgery, Sports Medicine Division at BIDMC
- Wednesday, June 2, Noon – 1:00 pm
- Shapiro 1A Conference Room (first floor, near Souper Salad)

#### Superfoods: What You Need to Know

- Presenter: Sunmin Lee, Dietetic Intern
- Friday, June 11, Noon – 1:00 pm
- Trustman Boardroom, Stoneman 2



### Four-Week Fitness Class

Join us for **Joint Month**, a series of four classes, one offered each week, each focusing on a different joint. Choose one of three sessions, beginning the week of June 7:

- Wednesday, 6:30 – 7:15 am
- Thursday, 7:00 – 7:45 am
- Thursday, 1:00 – 1:45 pm

The cost of the program is \$30. A \$10 deposit is due by Friday, June 4.

### Chair Massage

Enjoy a 15 minute, stress-relieving Chair Massage performed by Heather Monteiro, LMT, at the Tanger Be Well Center on **Wednesday, June 16**, 10:00 am – 6:00 pm

Cost: \$15 for BIDMC employees; \$20 for non-BIDMC (cash or check accepted).