



# TANGER BE WELL BULLETIN

October 2010

## MASSAGE

Enjoy a 15 minute, stress-relieving Chair Massage on, **Wednesday, October 20<sup>th</sup>**, 10:00 a.m. – 6:00 p.m.  
Cost: \$15 for BIDMC staff; \$20 for non-BIDMC staff (cash or check accepted).

Contact Heather Montiero at [hmonteir@bidmc.harvard.edu](mailto:hmonteir@bidmc.harvard.edu) or call Tanger Be Well at (66)7-4695 to book a massage.

## GROUP EXERCISE CORNER.

**Kelly Brice is back! He is teaching **Funky Jam** at 12:10pm on Mondays.**

**Jennifer Babineau is back! She is teaching **Bosu Blast** at 5:30pm on Mondays.**

**Kim Clark is now teaching **Cardio Express** at 12:10pm on Thursdays!**



View online:  
[www.bidmc/bewell](http://www.bidmc/bewell)

## MEMBERSHIP

**Monday, October 11: Columbus Day – CLOSED**

**Special offer!** Receive a **free** visit when you purchase and use a 5-visit or 10-visit wellness punch card. You must present the “used” card to the front desk staff to redeem this offer which expires on December 30, 2010.

## ASK THE TRAINER

**I don't exercise because I don't have time. What would you recommend I do?**

Our busy lives can make it difficult to find time to exercise, however it is important to set aside the time to do so. I would recommend setting a schedule or routine, such as going to the gym on your lunch break or walking after dinner. Spend some quality time with your family and take them with you on a hike or bike ride. This strategy can help you and your family achieve the recommended amount of daily activity.

**Will I gain weight if I eat after 9 p.m.?**

This is a common weight management myth. You will not gain weight if you eat right before going to bed. However, it is important to make smart nutritional choices when eating later in the evening. Many of us tend to find ourselves snacking on unhealthy items full of empty calories. This habit can lead to unwanted weight gain.



## FUNCTIONAL FOCUS

### SODIUM: HOW TO TAME YOUR SALT HABIT NOW

Taste alone may not tell you which foods are high in sodium. For example, you may not think a bagel tastes salty, but a typical 4-inch (10-centimeter) oat-bran bagel has about 532 mg of sodium. In fact, many people are getting far more sodium than is recommended, and that could lead to serious health problems.

**Your body does need sodium to function properly because it:**

- Helps maintain the right balance of fluids in your body
- Facilitates the transmission of nerve impulses
- Influences the contraction and relaxation of muscles
- Don't exceed 2,300 mg of sodium a day if you're a healthy adult.
- Don't exceed 1,500 mg of sodium a day if you have high blood pressure, kidney disease or diabetes.



#### Sodium: Cut back gradually

Your taste for salt is acquired, so you can learn to enjoy lesser amounts. Decrease your intake of salt gradually and your taste buds will adjust within a few weeks. Start by using no more than 1/4 teaspoon of salt daily, then decrease the amount gradually until you no longer add salt. Your preference for salt will diminish as your intake lessens allowing you to enjoy the taste of the food itself with heart-healthy benefits.

## UPCOMING PROGRAMS

**Creating Effective Medical Visits-** Friday, October 15<sup>th</sup>  
Trustman Boardroom, Stoneman 2

**The Zzzzz Factor-** Wednesday, October 20<sup>th</sup>  
Trustman Boardroom, Stoneman 2

**Self Care Seminar –** Friday, October 22<sup>nd</sup>  
Rabkin Boardroom - SCC10

**The Truth About Sweeteners-** Friday, October 29<sup>th</sup>  
Trustman Boardroom, Stoneman 2

*The above seminars are held from Noon -1:00 p.m.; to register, call (66)7- 4695 or email Carine at [ccorsaro@bidmc.harvard.edu](mailto:ccorsaro@bidmc.harvard.edu).*

