



# TANGER BE WELL BULLETIN

September 2010

## MASSAGE

Enjoy a 15 minute, stress-relieving Chair Massage on **Wednesday, September 22<sup>nd</sup>**, 10:00 am – 6:00 pm  
Cost: \$15 for BIDMC employees; \$20 for non-BIDMC (cash or check accepted).

To book a chair 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

## GROUP EXERCISE CORNER.

Copies of the Fall Schedule are now available at the front desk

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



## MEMBERSHIP

**Labor Day Monday, September 6<sup>th</sup> ~ CLOSED**

**Attention Members:** Are you interested in a **FREE** membership! Volunteer your time at the Tanger Be Well Center on either **Mondays from 5 p.m. – 7 p.m. or Fridays from 5 p.m. – 6:30 p.m.** Please see a staff person for further details.

## TREADMILL SAFETY

Make sure the treadmill is off before you get on

No talking on your cell phone

Make sure that your shoelaces are tied

Clip on the safety device

Press pause or the stop button if you get off the treadmill



## ASK THE TRAINER

**What type of cardiovascular workout should I be doing?**

It is important to choose something you really enjoy, such as walking, swimming, or playing basketball. However, always remember to change up your method of exercise from time to time for better results.

**What is target heart rate?**

Target heart rate is a desired range of heart rate reached during aerobic exercise which enables the heart and lungs to receive maximal benefit. It is desired to remain in this target range as long as possible during exercise for maximal weight loss.

## FUNCTIONAL FOCUS

### ***Abs, Butts, & Body Shaping: The Great Exercise Rip Off***

Did that person *really* lose 190 pounds, resulting in that slim body with no wrinkles and no signs of excessive weight loss? Does this diet pill really cause you to lose weight in all of those *right* places? Will this exercise equipment make me skinny like the model on television?

The fitness industry is a multi-billion dollar business but unfortunately much time and money are wasted on ineffective products and services. The public is repeatedly presented with inaccurate or unsupported statements regarding matters of exercise. Such statements are made frequently for the purpose of selling an exercise product.

Many questions arise when considering the marketing tactics used to make various "*get thin fast*" diet programs. Infomercials and magazines are often major contributors to fallacies regarding body shaping, one of the most misunderstood concepts of exercise. Promotions and headlines promising an attractive body with **little effort** tend to result in strong sales of infomercial equipment and magazines.

The safest diets and exercise programs are presented and implemented by trained exercise physiologist, dieticians, and medical professionals. The focus of any weight loss program should concentrate on changing the *behavior* of the individual for long-term success not short-term gratification.

## UPCOMING EVENTS

**Healthy Meals in Minutes** - Friday, September 17<sup>th</sup>  
Trustman Boardroom, Stoneman 2

**Don't Get Burned: Prevent Job Burnout**- Wednesday, September 22<sup>nd</sup>  
Trustman Boardroom, Stoneman 2

**Foot Health Talk**- Tuesday, September 28<sup>th</sup>  
Rabkin Boardroom - SCC10

*The above seminars are held from 12:00pm-1:00pm;  
to register, call (66)7- 4695.*



### **Weight is Over – Weight Management Series**

This eight-week program follows the philosophy of the four pillars of weight loss – exercise, nutrition, stress reduction and motivation. The program consists of weekly lectures on Tuesdays, and two personal training sessions. The cost of \$100 for BIDMC employees or \$150 for non-employees includes a personalized nutrition plan and reference manual. The program **begins on September 14<sup>th</sup>, concludes on November 2<sup>nd</sup>** and is held from 11:45am-12:30pm.

**To register, call (66)7- 4695; for additional information, contact Rick DiScipio at [rdiscipi@bidmc.harvard.edu](mailto:rdiscipi@bidmc.harvard.edu).**