



TANGER BE WELL BULLETIN

December 2011

MASSAGE

Enjoy a 15 - minute,
stress-relieving
Chair Massage

Wednesday, December 14
10:00 a.m. – 6:00 p.m.
\$15 for BIDMC staff
\$20 for non-BIDMC staff

To book your massage,
contact Heather Montiero at
hmonteir@bidmc.harvard.edu

GROUP EXERCISE CORNER

**Feeling Stressed?
Try a Yoga class**

Mondays

1:05 p.m. – 2:00 p.m.
Instructor: Anna

Wednesdays

1:05 p.m. – 2:00 p.m.
Instructor: Carlotta

Fridays

12:10 p.m. – 12:55 p.m.
Instructor: Jane/Linda



MEMBERSHIP

Holiday Hours

Saturday, December 24 & Monday, December 26: CLOSED

Saturday, December 31 & Monday, January 2: CLOSED

ASK THE TRAINER

Q: *How can I stay fit while traveling this holiday season?*

A: When traveling this holiday season, planning workouts beforehand will significantly increase your likelihood of engaging in physical activity. Identifying your options in advance can prepare you for the worst-case scenario, once you've arrived at your destination. If you're staying at a hotel, find out if they have a fitness facility. If they do not, call the concierge to ask about any nearby gyms offering day passes, or any local walking, running or hiking trails.

When staying with family, it's always a great option to plan a hike or walk to take together, so that family time isn't sacrificed. If your family members aren't as dedicated as you are, bring your workout with you! Plan a 10-minute routine that you can do right in your bedroom, incorporating exercises that involve no equipment, such as push-ups, triceps dips, lunges, squats and jumping jacks. Do each exercise for one minute, then repeat. Bringing resistance bands, or your favorite fitness DVD's with you is another great way to get in a quick workout when you're short on time and far from home.



HEALTHY HOLIDAY RECIPES

Creamy Garlic-Herb Dip

You can prepare this all-purpose dip up to a day ahead. Serve with cauliflower and broccoli florets, carrot and celery sticks, bell pepper strips, and whole pita chips.



Ingredients:

¼ cup low-fat or fat free Greek yogurt
2 tbsp. minced fresh chives or dill
1 tbsp. minced fresh parsley
1 tsp. grated lemon rind
¼ tsp. salt
1/8 tsp. freshly ground black pepper
1 small garlic clove, minced

Preparation:

Combine all ingredients in a bowl, then beat with a mixer at high speed for two minutes or until smooth.

Yield: ¾ cup (serving size 2 tbsp.)

Honey Roasted Sweet Potatoes

Ingredients:

2 lbs. red-skinned sweet potatoes
2 tbsp. olive oil
2 tbsp. honey
1 tsp. fresh lemon juice
½ tsp. salt

Preparation:

Preheat oven to 350° F. Peel and cut the sweet potatoes into 1-inch pieces and place in a 9" by 13" baking dish. In a small bowl, whisk together the olive oil, honey, and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with salt and bake, stirring occasionally, for about one hour or until potatoes are tender.

Yield: 4½ cups (serving size ¾ cup)



UPCOMING PROGRAMS

Boosting Your Immune System with Healthy Foods

Date: Friday, December 2

Time: Noon -1:00 p.m.

Location: Trustman Boardroom, Stoneman 2
Presented by Catherine Gill, Dietetic Intern



Solutions for Your New Year's Resolutions

Date: Thursday, December 8

Time: Noon -1:00 p.m.

Location: Trustman Boardroom, Stoneman 2
Presented by Kelsy DeMelo, Be Well Intern

To register for these seminars, call the Tanger Be Well Center at (66)7-4695.