

# TANGER BE WELL BULLETIN

**January 2011** 

#### MASSAGE

Enjoy a 15-minute, stressrelieving Chair Massage

Wednesday, January 12
10:00 a.m. – 6:00 p.m.
\$15 for BIDMC staff
\$20 for non-BIDMC staff
Cash or check accepted

To book your massage, contact Heather Montiero at <a href="mailto:hmonteir@bidmc.harvard.edu">hmonteir@bidmc.harvard.edu</a>

## GROUP EXERCISE SCHEDULE

The winter schedule will take effect on January 10



For online viewing go to: www.bidmc.harvard.edu/bewell

#### **MEMBERSHIP**

Monday, January 17 – Martin Luther King Day – CLOSED

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.

#### **ASK THE TRAINER**

The importance of water is often overlooked when creating an exercise regimen, however, adequate hydration is essential to produce maximum results. What is the recommended daily intake of water?

Water plays a key role in such body functions as digestion, the transport of nutrients, and the regulation of body temperature, to name just a few. It is recommended that the number of ounces of water we consume daily be equal to half our body weight.

Many of us feel worn out throughout the day, a condition commonly due to lack of adequate sleep. In 1910, the average adult sleept 9-10 hours per night. Presently, the average adult sleeps less than seven hours per night. Other than lack of energy, what effects does sleep deprivation have on the body?

As mammals, we are wired to store fat, and the longer we make our day, the more our brain will tell us to seek high fat, high carbohydrate foods. This will ultimately lead to unwanted weight gain as the body becomes accustomed to this cycle.

#### **FUNCTIONAL FOCUS: KEEPING BONES STRONG**



An estimated **10 million Americans** have osteoporosis, a disease that causes an individual's bones to be fragile because of low bone mass and deterioration of bone tissue. According to the *National Osteoporosis Foundation*, **8 million of these individuals are women**.

Osteoporosis can cause bone breakage as the result of even a minor fall or other mishap, but there are steps you can take to help prevent the disease through diet and exercise,

- Eat foods that are high in calcium:
  - Dairy products such as low-fat milk, yogurt, and cheese
  - Calcium-fortified orange juice
  - o Dark green leafy vegetables such as broccoli and spinach
  - Almonds
  - o Calcium supplements
  - Yogurt
- Get enough Vitamin D. Vitamin D helps your body absorb calcium.
   Foods rich in Vitamin D include:
  - Vitamin D-fortified milk
  - Herring, salmon, and tuna
  - Vitamin-fortified cereal
- Do not smoke or drink alcohol to excess
- Do weight-bearing exercise: Exercise makes your bones and muscles stronger and helps slow bone loss. Perform 30 minutes of weight-bearing exercise three to four times a week for maximum bone health benefits: This includes walking, jogging, stair climbing and weight training.

Normal bone





### **UPCOMING PROGRAMS**

Defying Age Related Weight Gain - Friday, January 14

Fitting Fitness In- Thursday, January 20



The above seminars will meet Noon - 1:00 p.m. in the Trustman Board Room, Stoneman 2. To register, call (66)7- 4695 or email Carine at ccorsaro@bidmc.harvard.edu