



TANGER BE WELL BULLETIN

June 2011

MASSAGE

Enjoy a 15 – minute,
stress - relieving
Chair Massage

Wednesday, June 15
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
hmonteir@bidmc.harvard.edu

MEMBERSHIP

Members are reminded to 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

I have been experiencing lower back pain over the past few weeks and have omitted strength training from my routine. Am I correct in doing so?

There are exercises that you can add to your routine, to strengthen and stretch your lower back that may reduce pain. Heavy weighted back exercises or exercises done improperly may aggravate your back if you have lower back problems or experience lower back pain.

I am enrolled in BIDMC's walking program, *Choose to Move*, and am having difficulty adding more steps since I am already walking quite a bit, including a 10-minute walk to the Orange Line, each morning. How can I reach the 50% increase?

This can be a challenge if you are already walking throughout the day. Weather permitting, instead of waiting for the shuttle, walk to and from the Ruggles T-stop. On weekends, check out Zoo New England, the New England Aquarium or other museums. All such visits involve lots of walking. Oftentimes, local libraries will offer discounted or free tickets to these and other institutions, if booked in advance.



GROUP EXERCISE CORNER

Try Cardio Express!
All Levels

Tuesdays

12:10 - 12:40 p.m.

Instructor: Sally

An intense, non-stop 30-minute workout incorporating elements of step, kickboxing, and hi/low aerobics.

FUNCTIONAL FOCUS

MOTIVATION TO EXERCISE: Once You Have it Keep It!

Even for people who love to work out, sticking to an exercise plan is a matter of motivation. Along with injuries and time constraints, lack of motivation is one of the primary reasons why most people quit their exercise plan. Why is it so hard to get motivated to exercise? Here are some steps you can take to motivate yourself to keep exercising:

- **Write down what you find difficult about exercising** -- time, injury, boring exercises. Once you have done that, you can systematically eliminate the difficulties.
- **Set attainable goals.** If your goal is to jog for 30 minutes, start with 10-minute blocks. Need to lose 10 pounds? Aim for one pound a week.
- **Try working out with a partner.** Exercising with someone with similar goals is a good way to feed off each other's motivation.
- **Stay flexible.** Don't get discouraged if you miss a workout; the body needs rest, so just put that missed session behind you and get back on track.
- **Choose fun exercises.** Incorporate exercises you enjoy into your workout -- free weight, strength machines, stability ball -- or take a group exercise class.

Exercise can be unpleasant for some; however, you can take heart in the knowledge that within the first 30 minutes of any exercise session, your body releases endorphins, a type of chemical that blocks pain receptors and may even cause feelings of euphoria. These feel-good chemicals can make exercise more pleasurable and keep you coming back for more.

UPCOMING PROGRAMS

Seminar

Good For You Barbeque

Friday, June 10: Noon - 1 p.m., Trustman Boardroom, Stoneman 2

Join us at this informative seminar to learn how to reduce the fat and calories in some of your favorite cook-out foods without sacrificing their taste. Discover healthier side dish options, receive flavorful recipes and food safety tips. This seminar will be presented by Lauren Berard, Dietetic Intern.



For more information, email Carine at ccorsaro@bidmc.harvard.edu