



TANGER BE WELL BULLETIN

March 2011

MASSAGE

Enjoy a 15 – minute,
stress - relieving
Chair Massage

Wednesday, March 23
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

Please help keep the locker rooms clean. Place used towels in the blue bins provided and dispose of paper towels in trash receptacles.

ASK THE TRAINER

I currently run on the treadmill as part of my exercise routine, but lately I have been experiencing some knee pain. What might be the cause of this and what can I do to alleviate it?

This is a fairly common problem associated with running. Many of us develop knee pain due to some other area of weakness in our bodies; such as tight hamstrings, lower back concerns, or gait pattern issues. Often, the best way to avoid this type of pain is to incorporate some cross training into your routine. For example, on a few days each week, try using the elliptical or stationary bike, as opposed to the treadmill. This will cut down on the stress caused by a weight bearing exercise such as running. Varying your routine also keeps your motivation high!

In the last few weeks, I have been experiencing pain in my hips after my strength training workouts. I have been stretching more than usual, but the pain has not subsided. What can I do?

You may have built up scar tissue in your hip flexors or IT band. Try foam rolling to help alleviate some of the pain. This will help stretch the area and increase the blood flow to help break down some of the scar tissue. Foam rolling can be a great tool to help with flexibility and work on myofascial release.

GROUP EXERCISE CORNER

Try Zumba!



Instructor:
Sandra

Day:
Wednesdays

Time:
5:30-6:15 p.m.

ZUMBA
FITNESS

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

FUNCTIONAL FOCUS: KEEP YOUR JOINTS HEALTHY WITH EXERCISE

Exercise is critical for strong muscles and bones. Muscle strength declines as people age, but studies report that those who exercise are stronger and leaner than others in their age group.

Joints are complex structures, designed to bear weight and move the body. They require motion to stay healthy and long periods of inactivity cause joints to stiffen and the adjoining tissue to lose muscle mass and strength. Strong muscles support joints. With inadequate muscle, joints are over-burdened, especially those in your knees, which must support your entire body weight. Weight training exercises help build muscle and keep existing muscle and surrounding ligaments strong. In this way, your joints don't have to do all the work. A moderate exercise program that includes low-impact aerobics and strength training will also increase bone density, another important factor in support of your joints.

UPCOMING PROGRAMS

Leave the winter blues behind and join us in...

HAWAII

Take the 155 mile *Island Challenge*

Work (out) your way through the islands and join us for a Be Well Luau

Contestants who complete the 155 mile journey through stunning beaches, treacherous mountain tops, and shark-infested waters will be placed in a raffle for one of our valuable prizes.

Ask a Be Well staff member for more information. Contest runs March 14 – April 9

Panel Discussion

A Healthy Joint Panel: Prevention, Management and Continuum of Care

Wednesday, March 2, Noon -1 p.m., Rabkin Boardroom - Shapiro 10

Our panel of experts will answer your questions about degenerative joint disease and recent treatment advances. Learn about effective management strategies and how to keep your joints healthy. Panel participants will be BIDMC Orthopedic surgeon Joe DeAngelis, MD; BIDMC Rheumatologist Fadi Badlissi, MD; Tanger Be Well exercise physiologist, Marlene DaCosta, MA, CSCS, RCEP, HFS; and Suzanne Gauthier, O.T., Vice President of Health Education, the Arthritis Foundation.

Seminars

Healthy Joints Hinge on Good Nutrition

Friday, March 4, Noon – 1 p.m., Trustman Boardroom - Stoneman 2

The Sandwich Generation: Caring for Yourself While Caring for Others

Friday March 11, Noon – 1 p.m., Trustman Boardroom - Stoneman 2

Preventing ID Theft

Wednesday, March 30, Noon – 1 p.m., Shapiro 247 - Shapiro Clinical Center

To register for any of these events, or for additional information, call (66)7 - 4695 or email Carine at ccorsaro@bidmc.harvard.edu.