



TANGER BE WELL BULLETIN

May 2011

MASSAGE

Enjoy a 15 – minute,
stress - relieving
Chair Massage

Wednesday, May 18
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

Monday, May 30 ~ Memorial Day – CLOSED

Winners of the 2011 Hawaiian Island Challenge

- Avis Watson - \$50 Amex gift card
- Ana Martinez- One month free Be Well membership
- Jennifer O'Neil- One hour massage
- Rachel Quaden- One hour massage

ASK THE TRAINER

What is the proper repetition range to use when performing my strength training routine?

This is a very common question and the answer has to do with what your fitness goals are. Typically, the breakdown of repetition ranges is 12 -15 reps for muscular endurance, 8 -12 reps for muscle hypertrophy, and 6 or fewer reps for muscular strength and power. It is essential to use the proper repetition range, along with adequate resistance to reach your fitness goals.

I have always used static stretching as a warm-up. Is this the most effective way to prepare for a workout?

For years it was thought that static stretching was the best way to prepare for a workout or athletic event. However, this has changed, in light of studies revealing that static stretching actually increases the risk of injury if your muscles are not already warmed up. Research suggests that dynamic stretching or 5 minutes of cardiovascular exercise decreases the risk of injury, therefore, motions that simulate the activity you will be performing, or taking a muscle group through an entire range of motion are the most beneficial types of warm - ups.

GROUP EXERCISE CORNER

**Summer is upon us, so it's
time to get beach-ready with!**

'Beach Body'

Day: Thursdays
Time: 5:30- 6:15 p.m.
Instructor: Rick

Burn 300 calories in 45 minutes!
Challenge yourself with
Beach Body class.
Guaranteed to make you sweat!!!



UPCOMING PROGRAMS

Walking Program Kick-off Walk

Monday, May 9, Begins at Noon – Outside in the Shapiro Courtyard (near Souper Salad)

Join us for a mile-long walk to start **BIDMC's Walking Club: Choose to Move!** A great way to get moving! Music will be provided by **WROR**. All participants will be entered into a raffle to win an **iPod** from **WROR**. Come along and **Choose to Move!**

Seminar: The Jolting Truth About Liquid Supplements

Friday, May 13, Noon - 1:00 p.m. - Trustman Boardroom, Stoneman 2

Looking to liquid for weight loss, better nutrition, more energy, or just a quick meal? How effective are liquid supplements and what should be our concerns regarding them? Join us in learning the truth about the most popular supplements; their health benefits and side effects, and the variety of ingredients in these products. This seminar will be presented by **Erica Haas, Dietetic Intern**. To register, call (66)7- 4695 or email Carine at ccorsaro@bidmc.harvard.edu

EMPLOYEE WELLNESS FAIR - A Passport to Your Health



Date: Thursday, May 26

Time: 11:30 a.m. - 1:30 p.m.

Location: Shapiro Atrium Lobby, Shapiro 1A & 1B Conference Rooms, East Campus

This event will provide you with health information, preventive screenings and support resources made available by many of our departments, contracted vendors and affiliates.

Raffles

- ✓ Red Sox Tickets
- ✓ REI Gift Cards
- ✓ Over 100 giveaways

Health Screenings

- ✓ Blood Pressure Screening
- ✓ Cholesterol Screening (Total/HDL)
- ✓ Computerized Heart Health Assessment
- ✓ Sun Damage Screening
- ✓ Peak Flow Screening
- ✓ Balance Assessment



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