



TANGER BE WELL BULLETIN

November 2011

MASSAGE

Enjoy a 15 - minute,
stress-relieving
Chair Massage

Wednesday, November 9
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

GROUP EXERCISE CORNER.

Cardio Kickboxing

Thursdays
12:10 – 12:40 p.m.
Instructor: Kim

Strengthen your body in an energetic cardio workout with punching, kicking, and plyometric drills.

All levels are welcome!



MEMBERSHIP

Thanksgiving Holiday Hours

Wednesday, November 23: 5:30 a.m. - 2:30 p.m.
Zumba Toning with Sandra will not be held.

Thursday, November 24 - Saturday, November 26: CLOSED

ASK THE TRAINER

I exercise on a regular basis; however during the holiday season, my workouts become erratic, as my schedule becomes more hectic. How can I maintain my fitness level and prevent weight gain during this time of year?

The holiday season can make it difficult to stay with your regular workout routine; however, from both a physical and mental standpoint, it is important to continue to exercise during this time of year. Here are some tips.

- Try to exercise in the morning, before your day becomes too busy with other obligations.
- Allow for more “unstructured” activity. If you don’t have time to walk on the treadmill, substitute a few laps around the mall while shopping and if possible, take the stairs.
- Set a specific goal to maintain your weight over the next few months. This will help keep your motivation level up.
- Limit your alcohol intake during events in the upcoming months. Alternate alcoholic beverages with a glass of water.
- Plan your meals ahead of time.

WELLNESS INFORMATION

As the holiday season approaches, we are reminded that this time of year can be both joyous and stressful. Routines change with school vacations, travel to visit family and friends, and hosting out-of-town guests. These top three stress producers do not include the events we have to schedule, cooking traditional dishes and desserts, or the financial aspects of this popular gift-giving period.

Below are tips to make the holidays joyful by reducing your stress:

- Take care of yourself by eating healthy meals, getting seven to eight hours of sleep, each night, and staying physically active
- Learn to say 'NO!'
- Enlist the help of family and friends with projects and chores
- Let go of the concept of the 'perfect' holiday (only 2-3% of American families celebrate the way they do on television)
- Create new traditions
- Discuss your expectations with family members
- If possible, use cash instead of credit cards for all gift purchases
- Go shopping during the work week, rather than on weekends or evenings

Common Relaxation Techniques:

Progressive Muscle Relaxation (PMR): Progressive relaxation involves alternately tensing and relaxing the muscles. Start by sitting or lying down in a comfortable position. With eyes closed, tense your muscles for 10 seconds and then relax for 20 seconds, sequentially through various parts of the body.

Deep Breathing: This technique can be performed sitting or lying down. Begin by breathing in through the nose and filling the lower part of the chest first, then the middle and top parts of the chest and lungs. This should be done slowly, over 8 to 10 seconds. Then slowly exhale through the mouth.

Visualization: Visualization, or 'guided imagery,' is a variation on traditional meditation that requires you to employ not only your visual sense, but also your senses of taste, touch, smell, and sound. Begin by closing your eyes and imagining a scene in which you feel at peace. Picture it as vividly as you can -- everything you can see, hear, smell, and feel. Let go of all the tension and anxiety. When you are ready, gently open your eyes and come back to the present.

UPCOMING PROGRAM

Healthy Holiday Eating

Date: Friday, November 11

Time: Noon -1:00 p.m.

Location: Trustman Boardroom, Stoneman 2

Presented by Laura Geraty, Dietetic Intern

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

