



TANGER BE WELL BULLETIN

September 2011

MASSAGE

Enjoy a 15 – minute,
stress - relieving
Chair Massage

Wednesday, September 14
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

The fall schedule will be in effect
from Monday, September 12.

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



Please remember to observe the
'Five-Minute Rule' when attending
group exercise classes. For safety
reasons and to avoid disrupting the
class, participants are **not permitted**
to enter the studio more than five
minutes after the start of the class.

MEMBERSHIP

Labor Day Holiday Schedule:

Saturday, September 3: CLOSED
Monday, September 5: CLOSED

ASK THE TRAINER

Once summer comes to an end, I start missing workouts. Between driving the kids to school and soccer practice, and preparing dinner, I just don't have time to exercise. Any tips on sticking with a routine?

Regardless of the season, it is important to maintain your exercise program. Doing so will help you to sleep better, increase energy levels, and support weight management. Here are some tips to help you stick with your fitness routines during the next few months:

Motivation. Find something that will help you stay motivated through the fall season.

Schedule your workout sessions. Treat them as if they were appointments. Write them down in your planner or calendar, or schedule them electronically.

Keep up with your exercise routine. Have an at-home weight training program in place and buy or rent cardiovascular exercise DVD's or tapes. In this way, even if you cannot get to the gym, you can still maintain your weight training and cardiovascular exercise programs.

Be active in the morning. Go for a walk in the morning if you have a dinner party or kid's sport game to attend that evening, or walk around the mall before it opens.

Healthy & Quick Dinners. See Page 2 for the article, *Healthy Eating on the Go*, and information on our upcoming seminar, "Thirty Minute Meals."

WELLNESS INFORMATION - *Healthy Eating On The Go!*



**Healthy snacks throughout the day will help
Curb your hunger, keeping you healthier and happier**

With a few easy tips, you can find healthy options while on the run, giving you more energy to succeed throughout the day.

Here are a few healthy snacking ideas:

- **Ants on a log:** Spread peanut butter on celery sticks and top with raisins.
- **Banana ice:** Peel several very ripe bananas, break them into one-inch pieces, and freeze the pieces in a sealed plastic bag. Just before serving, whirl the pieces in the blender with a small amount of water or juice. Serve right away. Add berries for a different flavor or top with fruit or nuts.
- **Healthy ice pops:** Freeze fresh, 100% juice in ice pop molds or ice cube trays.
- **Whole-grain pita and hummus:** Warm a pita in the oven set on Low, then cut it into small triangles and dip in tasty, low-fat hummus. Hummus is available in great flavors like garlic and spicy red pepper. It also makes a tasty dip for cut-up veggies.
- **Happy trails mix:** Combine 1 cup whole-grain toasted oat cereal with ¼ cup chopped walnuts and ¼ cup dried cranberries.

As with everything, moderation is the key to smart snacking. People who eat regular meals and healthy snacks are less likely to overeat and gain weight than those who skip meals or go for long periods without eating, then gobble down a large order of fries.

UPCOMING PROGRAMS

Seminars*:

Riding the Waves of Workplace Uncertainty and Change

Date: Friday September 16

Time: Noon - 1:00 p.m.

Location: Trustman Boardroom, Stoneman 2
Presented by Jane De Colgyl, AllOne Health

Thirty Minute Meals

Date: Friday September 30

Time: Noon - 1:00 p.m.

Location: Trustman Boardroom, Stoneman 2
Presented by Marissa Murphy, Dietetic Intern



Wellness Series

Going Forward-An Innovative Program for Cancer Survivors

The six-week program consists of **five lectures: Sept. 28, Oct. 5, 12, 19, and 26, 5:30 p.m. - 7 p.m. in the Be Well Conference Room, Shapiro Ground Floor.** Participants will receive two personal training sessions, reference manual, and access to the Tanger Be Well Fitness Center for the duration of the program.

The cost is \$150 for non-BIDMC employees and \$100 for BIDMC employees. Class size is limited and a deposit of \$50 is required by Friday September 16. For more information or to register, please contact Marlene DaCosta at mdacost2@bidmc.harvard.edu or call (66)7-4695.

****To register for either seminar call the Tanger Be Well Center at (66)7-4695.***