

TANGER BE WELL BULLETIN

APRIL 2012

MASSAGE

Enjoy a 15-minute, stress-relieving Chair Massage

Wednesday, April 11 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

Our spring schedule will take effect on Monday, April 2.

For online viewing go to:



Back by popular demand!
VinyasaYoga
with Arielle

Tuesdays 6:30 – 7:15 a.m.

MEMBERSHIP

Monday, April 16: Patriot's Day Holiday ~ CLOSED

ASK THE TRAINER

I just started training to run my first marathon and have heard that it is important to cross-train instead of just running. Why is this important and what types of activities are ideal?

Answer:

The idea behind cross-training is to expose the body to a different type of exercise, in order to reduce the risk of injury from a person's primary activity. When training for a long-distance running event, such as a marathon, the body is constantly exposed to the same type of repetitive stress. Over time, this can result in problems such as plantar fasciitis, shin splints or iliotibial band syndrome.

It is true that in order to specifically improve running performance one must run, however, it is a myth that your running performance will suffer if you cross-train. Cross-training can be effectively added to your routine one to three days per week, depending on your training schedule. Types of activities that are considered cross-training include:

- ✓ Stretching or Yoga
- ✓ Strength training
- √ Other forms of cardiovascular exercise
 - Cycling
 - $\circ \quad \text{Swimming} \quad$
 - Elliptical Training
 - o Rowing

Source: Core Performance Endurance, Running.about.com.

WELLNESS INFORMATION: Spring Clean Your Life

Many of us spring clean our homes. What about our lives? From negative emotions and moods to procrastination and personal tasks not completed, make time to insert a little positive energy into your life. You'll enjoy the person you can be.

Just as our homes need a physical cleaning, our minds need to be cleared of those things which have become, simply 'debris' -- old ideas, old attitudes, old conversations, and old hurts -- which we collected long ago, for reasons which are no longer relevant, yet are retained through habit, neglect, or just sheer willfulness.

Pursuing a simple, sustainable, flexible, and happier lifestyle means that you have to be proactive; you have to *choose* to do it, and that means getting rid of things that no longer work for you, updating the way you do things, and making space for new and exciting opportunities and challenges.

Just like cleaning your home, a **mental spring cleaning requires** a dedicated effort, a conscious choice to make changes in your mind set, the same way you make changes in your décor. Here are some ideas to get you started on a Spring Cleaning for your Life:



- ✓ Clean out the anger, hatred, jealousy, and self-doubt.
- ✓ Wash away delay and procrastination.
- ✓ Dust off your attitude and put on a fresh coat of positive
- ✓ Throw out misunderstandings and lack of patience.
- ✓ Lighten up your thoughts with humor and fun
- Open the windows of your mind to new ideas and a fresh perspective on living a happier, better, easier life.
- ✓ Enjoy the person you are.

Source: "Spring Clean Your Life" by Life Coach Kathy Gates written for www.lifeorganizers.com

UPCOMING PROGRAMS

Car Buying 101 – New vs. Used

Date: Thursday, April 5 **Time:** Noon -1:00 p.m.

Location: Shapiro 10 Conference Room, Shapiro Clinical Center **Presented by** Christina Gehlbach, Business Development Executive,







Managing Emotions in the Workplace

Date: Wednesday, April 18 **Time:** Noon - 1:00 p.m.

Location: Trustman Boardroom, Stoneman 2 **Presented by** Adam Mintz, LMHC, AllOne Health EAP

Fuel Your Body Right

When: Tuesday, April 24: 6:30 – 8 a.m. Thurs, April 26: Noon – 1 p.m. & 3 - 5 p.m. Location: Tanger Be Well Fitness Center

Organic Foods

Date: Friday, April 27 **Time:** Noon - 1:00 p.m.

Location: Trustman Boardroom, Stoneman 2

Presented by Leslie Rathfon, Dietetic Intern



To register for these seminars, call the Tanger Be Well Center (66)7-4695.