TANGER BE WELL BULLETIN

January 2012

MASSAGE

Enjoy a 15-minute,
stress-relieving
Chair Massage

Wednesday, January 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

GROUP EXERCISE SCHEDULE

The winter schedule will take effect on January 9

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

MEMBERSHIP

Monday, January 16 – Martin Luther King Day: CLOSED

A reminder: In the event of inclement weather, we may need to alter our normal hours of operation. If the Tanger Be Well Center is closing early, we will notify you via email at least two hours in advance. Call (66)7-4695 for the most up to date information (*e.g.* opening late). **This line *is available 24/7.***

ASK THE TRAINER

One of my new year's resolutions is to stick to my exercise routine. I have made this resolution before and have not been successful. What is the best approach to achieve this goal?

Be Realistic
Approach exercise with realistic expectations. Don't start off expecting to go to the gym five or six times a week. Instead, be more realistic and build three visits a week into your schedule. If that works well, then add another day.

Set Manageable Goals
If you have not worked out in a while, lofty goals will not only be tough to achieve but could lead to injury. The American Heart Association and the American College of Sports Medicine recommend 20 - 30 minutes of moderate to vigorous cardiovascular activity three to five times per week, and strength training exercises twice a week. Hitting the gym for hours on end is not necessary to remain healthy.

Schedule Your Workouts
Look at your calendar and set aside time to work out just as you would schedule a meeting. In addition, be sure to choose activities (such as group exercise classes) that are fun and motivate you to continue exercising throughout the year.

WELLNESS INFORMATION – Eating and Exercise

What you eat before, during, and after exercise is critical for optimum performance.

PRE-WORKOUT: One to three hours before an exercise session you should have a light meal or snack consisting of carbohydrate- and protein-rich foods. This will help you maintain a normal blood sugar level, settle your stomach, keep hunger away, and provide much needed energy to your muscles. Try to avoid large portions of fried foods, bacon, cheeseburgers and other fatty meals. These foods take longer to digest and may cause cramps.

POST-WORKOUT: Within 15 minutes after a workout, you should replace lost fluids by drinking water, fruit juice or a sports drink. Within two hours after your workout you should consume a light meal or snack containing both carbohydrates and protein. This food combination helps to refuel the muscles and provide amino acids necessary to rebuild muscle tissue that was damaged during exercise. Refueling your muscles will not only help you with your next workout, it will also help prevent injury.

Try these snack options for your Pre- or Post-Workout:

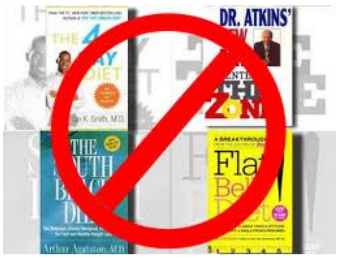
- ✓ Bowl of cereal with milk and a banana
- ✓ Oatmeal with raisins and walnuts
- ✓ Yogurt and berries
- ✓ Bagel with peanut butter
- ✓ Protein shake
- ✓ Trail mix or granola bar
- ✓ Cheese and crackers with cherry tomatoes
- ✓ Raw veggies and a boiled egg
- ✓ Half a turkey sandwich with lettuce on whole grain bread

UPCOMING PROGRAMS

Keeping Debt Under Control: Avoiding Detours

Date: Wednesday January 25
Time: Noon - 1:00 p.m.
Location: Rabkin Boardroom, Shapiro 10
Presented by Kerri McLaughlin, Assistant Director of Credit Management, MAFCU

Fad Diet Facts and Fallacies



Date: Friday January 27
Time: Noon - 1:00 p.m.
Location: Trustman Boardroom, Stoneman 2
Presented by Lisa Zoeller, Dietetic Intern

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