TANGER BE WELL BULLETIN

SUMMER EDITION: July/August 2012

MASSAGE

Enjoy a 15-minute, stress-relieving Chair Massage

Thursday, July 19
&
Tuesday, August 21
10:00 a.m. - 6:00 p.m.

BIDMC staff: $15
Non-BIDMC staff: $20
Cash or check accepted

To book your massage, contact Heather Monteiro at hmonteir@bidmc.harvard. edu

GROUP EXERCISE CORNER

Our summer schedule is now in effect.

For online viewing go to:
www.bidmc.harvard.edu/bewell
or
pick up your copy at the Tanger Be Well front desk

MEMBERSHIP

Wed., July 4: Independence Day holiday ~ Closed

Mon., Sept. 3: Labor Day holiday ~ Closed

Closed on Saturdays through September 8

WELLNESS INFORMATION:

Have a Fun -- and Safe -- Cookout

Planning a cookout this summer? Put safety on your "to-do" list. Approximately 76 million people in the U.S. get food poisoning each year, according to the Centers for Disease Control and Prevention. Don't let food poisoning strike your next outdoor event. The following tips can help:

- Keep foods on ice or otherwise chilled until you're ready to eat or prepare them. To keep your cooler cool, place it in the shade and avoid opening it more often than necessary.
- Don't leave food out for more than two hours. Pack it away in one hour if the temperature reaches 90°F.
- Always wash your hands before handling or eating food. Bring hand-sanitizing lotion if soap and water aren't available.
- Play it safe and bring a meat thermometer to ensure that food is cooked thoroughly. Cook whole poultry to 180°F, ground poultry to 165°F, hamburgers to 160°F, and steaks and chops to 145°F.
- Don't re-use plates or utensils that have touched uncooked meat.
- Wash all fruits and vegetables before eating or cutting into them.

ASK THE TRAINER

Question: *To challenge myself, I recently stepped up my exercise program. I am now feeling very tired and experiencing more muscle soreness than usual from my workouts. I also find that I do not "bounce back" as quickly between exercise sessions. Am I exercising too much?*

Answer: It is a good idea to engage in challenging workouts, however, exercise intensity and volume should be increased gradually. You may be overtraining. Defined as not having sufficient recovery time between workouts, this can impede your progress.

Some signs of overtraining include:

- -Slower recovery after exercise
- -Decreased desire to exercise
- -Increased incidence of infection
- -Orthopedic overuse injury
- -Increased cortisol levels
- -Muscle weakness over time
- -Exhaustion after exercise session
- -Decreased exercise performance

Ways to enhance recovery:

- ✓ ***Get adequate rest*** *between workout sessions.* Strength training (the same muscle groups) or intense cardiovascular exercise daily can "break down" the body and lead to an increased risk of injury. Rest days are just as important as training days, allowing the body to repair itself, recover, and get stronger for the next training session.

- ✓ ***Get adequate sleep.*** Sleep is the body's way of restoring energy, rebuilding, and keeping us alert and functional throughout the day.
- ✓ ***Maintain proper nutrition.*** Thirty minutes post-workout, your body is [illegible] the nutrients it needs. Consuming a protein and carbohydrate snack, such as low fat chocolate milk, yogurt with fruit, or a banana with peanut butter, is a great way refuel.
- ✓ ***Re-hydrate.*** Drink two cups of water for every pound lost during exercise. Remember the importance of staying well hydrated every day.
- ✓ ***Get a massage.*** While getting a total body massage is ideal, using a foam roller and/or a tennis ball is an excellent and cost-effective way to work out sore spots before or after exercise.
- ✓ ***Stretch.*** Stretching helps to improve your range of motion. Given the body's increased temperature after exercise, it is also a good tool to incorporate into the cool-down portion of your workout.

To summarize, increase additional activity slowly. Too much too soon without adequate rest can hinder your performance.

Sources: exrx.net and coreperformance.com

UPCOMING WORKSHOP: Unleash Your Inner Olympian

You might not win gold at this summer's Olympics but you can certainly train like an Olympian. Learn the same strength training exercises that make Olympic competitors some of the world's best conditioned athletes.

Dates: Tuesday, July 31 ~ 6:30 - 7:30 a.m.

Thursday, August 2 ~ Noon -1:00 p.m. & 4:00 - 5:00 p.m.

Location: Tanger Be Well Fitness Center

Instructors: Tanger Be Well Exercise Physiologists