# TANGER BE WELL BULLETIN

MARCH 2012

## MASSAGE

Enjoy a 15-minute, stress-relieving Chair Massage

**Wednesday, March 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 SCHEDULE

Challenge yourself and try these interval-style classes that incorporate both **cardio** and **strength training**!

**Bosu Blast**
**Mondays**
**5:30 – 6:15 p.m.**

**Total Body Blast**
**Thursdays**
**5:30 – 6:15 p.m.**

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

## MEMBERSHIP

At the request of our members, we recently purchased another magazine rack for the Fitness Center. Please help us to keep it organized by returning the magazines to their designated location

## ASK THE TRAINER

*Recently I had my body composition tested on a special scale. Is this method accurate and how is it helpful?*

**Answer:**
The method of body composition testing you describe is called Bioelectrical Impedance Analysis (BIA). BIA is based on the fact that lean tissues have a high water and electrolyte content, which makes them good conductors for an electrical signal. In contrast, fat mass contains a lower percentage of body water and is a poor conductor of an electrical signal. The scale platform that is stepped on consists of an electrode on the top and the bottom through which a small electrical current passes. The resistance measurement is directly related to the density of the muscle, amount of fat present, and tissue hydration which are used to determine one's total body water, lean body mass and fat mass.

To obtain optimum results, it is best to observe the following protocol:

- No alcohol 48 hours before the test
- Avoid intense exercise 12 hours before the test
- Avoid eating or drinking 4 hours before the test
- Empty bladder 30 minutes before the test
- If possible, avoid all diuretics for 7 days before the test

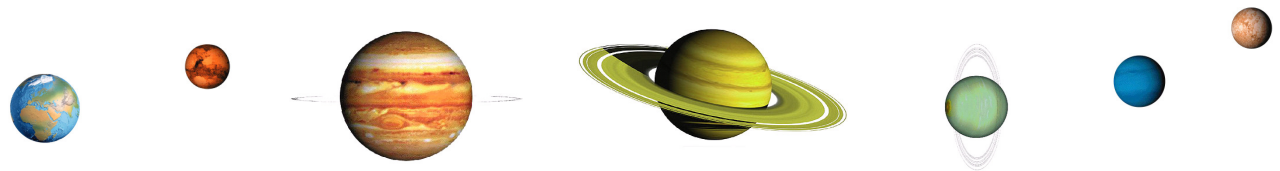
The accuracy of BIA depends on adhering strictly to the above protocol, as well as input of the individual's proper activity level. A large margin of error can exist in individuals who are extremely obese or extremely lean. BIA can provide more useful information than Body Mass Index (BMI) to individuals who wish to decrease their percentage of body fat and increase lean body mass, as BMI does not account for body composition. It also provides more useful information on which to base appropriate exercise and dietary recommendations.

**Source:** Tanita Body Composition Analyzer Technical Notes

## *MEMBERS ONLY PROGRAM*

### *Pack your bags and get ready for the ultimate fitness challenge…*

# *Work (out) your way through the Milky Way*



### How to compete in the 3,200,000,000 mile *Milky Way Challenge*

- Be Well members will blast off from the Kennedy Space Center on **March 5**. Once in orbit, contestants will **work out to gain traveling miles** to reach **Pluto.**
- Those who complete the *dangerous* **four-week** journey through space debris, cosmic radiation, and extreme temperatures will be placed in a raffle for one of our **valuable prizes.**
- Once you reach **Pluto**, get together with the Be Well staff for a party that will be **out of this world!**
- **One hour of exercise equals 200,000,000 traveling miles** (an average of 4 hours of exercise each week = 800,000,000 miles of travel. 800,000,000 x 4 weeks = 3,200,000,000)

***The Milky Way Challenge: March 5 – 30***
***Members sign-up at Be Well's front desk***

## *UPCOMING PROGRAMS*

### The Hidden Truth About Sugar and Artificial Sweeteners

**Date:** Friday, March 2
**Time:** Noon - 1:00 p.m.
**Location:** Trustman Boardroom, Stoneman 2
**Presented by** Barbara Dutra, Dietetic Intern

DeathByBokeh/Flickr

### Understanding Gastro-Esophageal Reflux Disease- GERD

**Date:** Wednesday, March 7
**Time:** Noon - 1:00 p.m.
**Location:** Rabkin Boardroom, Shapiro 10
**Presented by** Harvard Pilgrim Health Care

### Intuitive Eating

**Date:** Friday, March 16
**Time:** Noon - 1:00 p.m.
**Location:** Trustman Boardroom, Stoneman 2
**Presented by** Nichole Barragan, Dietetic Intern

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