



# TANGER BE WELL BULLETIN

September 2012

## MEMBERSHIP

**Monday, September 3: CLOSED**

**Saturday schedule resumes  
on September 15**

**Survey raffle: Barbara Foley is  
the winner of a free month of  
membership**

## MESSAGE

For more information or to book  
your massage, contact  
Heather Montiero at  
[hmonteir@bidmc.harvard.edu](mailto:hmonteir@bidmc.harvard.edu)

## GROUP EXERCISE CORNER

The fall schedule will be in effect  
from Monday, September 10.

For online viewing go to:  
[www.bidmc.harvard.edu/bewell](http://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.

## MEMBER SURVEY

Thanks to all of you who took the time to complete our member survey in August. We appreciate your feedback and want to share some of the comments (C) and the actions (A) we are planning to take.

**C:** "Reopen on Saturday!"

**A:** We are resuming our Saturday schedule  
8 a.m. - 2 p.m., effective September 15.

**C:** "...showing disrespect for the clients by setting  
clocks ahead..."

**A:** All clocks in the Fitness Center, group exercise  
studio and locker rooms will be set to the current time.  
Batteries will be replaced quarterly to ensure  
accuracy.

**C:** "Love how you organized the magazine racks so if  
you want SHAPE you have to go through 12 MENS  
FITNESS issues to find it."

**A:** The suggestion to organize our magazines came  
from one of our members, earlier this year. We  
purchased an additional wall rack to accommodate the  
numerous publications. The magazines are organized  
nightly by the staff and we ask all of our members to  
help by returning them to their proper place.

**C:** "Need more group exercise classes men can  
attend easily...Bollywood, Zumba...too many girly  
moves."

**A:** The fall group exercise schedule will include  
functional training classes, kick-boxing and sports  
stretch.

There were a number of valuable comments and  
suggestions that require further exploration. We will keep  
you updated on these issues.

## WELLNESS INFORMATION – *Time Management*

As summer fades and children go back to school, our lives seem to become more stressful as we try to balance our work and home life obligations. For many, it appears that there is not enough time in the day to get everything done. You can accomplish more by managing your time more effectively. Here are some tips:

- **Get organized.** Work in a clean area so you will know where things are and what needs to be done.
- **Plan ahead.** Look at your week at least a few days in advance and plan for projects, meetings, and errands.
- **Create a to-do list and prioritize.** Consider your daily, weekly and monthly goals.
- **Exercise regularly.** Include exercise in your daily schedule, at least 30 minutes a day.
- **Eat a healthy diet.** Plan meals and pre-packaged snacks ahead of time so you always have a healthy meal ready.
- **Get plenty of sleep.** At least eight hours each night can improve your focus and concentration.
- **Do not accept a new commitment** until you are sure you can fit it into your schedule.



## UPCOMING PROGRAMS

### Weight Loss Challenge:

Join us for an eight-week challenge where you could earn money for losing weight.

The **\$20 registration fee will be returned to those who reach the goal** of losing 5%

of their body weight by the end of the eight-week program. In addition, the monies retained from those who do not reach their goal will be distributed among those who do.



The program includes five lectures, weekly weigh-ins and fitness tips, one-on-one wellness coaching, and walking groups. Registration and initial weigh-ins will be held during the **week of September 10<sup>th</sup>** (see the program's promotional flyer in the Fitness Center for location, dates and times). For more information, contact Rick at [rdiscipi@bidmc.harvard.edu](mailto:rdiscipi@bidmc.harvard.edu) or call (66)7-4695.

### Wellness Series

#### ***Going Forward: An Innovative Program for Cancer Survivors***

The six-week program consists of **five lectures -- October 3, 10, 17, 24, and November 7; 5:30 - 7 p.m. in the Trustman Boardroom, Stoneman 2.** Participants will receive two personal training sessions, a reference manual, and access to the Tanger Be Well Fitness Center for the duration of the program.

*Costs:* \$150 for non-BIDMC employees and \$100 for BIDMC employees. Class size is limited and a deposit of \$50 is required by Friday September 28. For more information or to register, contact Marlene DaCosta at [mdacost2@bidmc.harvard.edu](mailto:mdacost2@bidmc.harvard.edu) or call (66)7-4695.