TANGER BE WELL BULLETIN

November 2009

MASSAGE THERAPY

To book a massage or for more information, contact Heather Montiero at hmonteir@bidmc.harvard. edu or call the Tanger Be Well Center at (66)7-4695.

MEMBERSHIP

Thursday, Nov. 26th and Friday, Nov. 27th ~ Closed

Saturday, November 28th ~ Normal hours- 8:00 a.m. – 2:00 p.m.

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 2 hours in advance. In addition, you can call (66)7-4695 for the most up to date information (e.g. opening late). This line is available 24/7.

GROUP EXERCISE CORNER

Try Bosu Blast!

Day: Monday evenings
Time: 5:30 pm - 6:15 pm
Instructor: Jennifer

This energizing 45- minute class uses the BOSU Balance trainer to combine strength training and cardio through an interval- style workout. ***All Levels are welcome***

*** 5-minute rule:** For your safety and as a courtesy to others, members will not be permitted to enter the group exercise studio after the first five minutes of the class.

WELLNESS

Tips for a Healthier Thanksgiving

Eat breakfast. Don't skip meals before a party**.** Being too hungry encourages unplanned and quick eating.

Offer to bring an appetizer. Appetizers are often fried, loaded with cheese and packed with calories. If you bring your own appetizer, you know there will be at least one healthy option. Try bringing a veggie platter with hummus or an antipasto salad.

Watch Your Portions. To save calories, cut back on side dishes and wait 15 minutes before reaching for seconds.

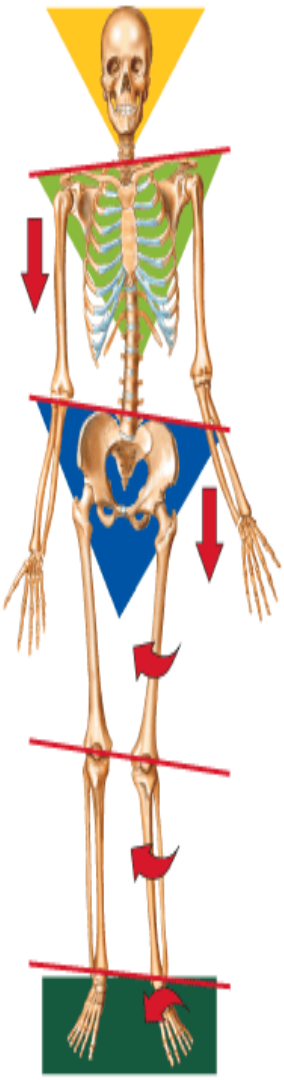
Be active in the morning. Go for a walk or do a circuit of weight training at home.

Play games during the day. Weather permitting, play tag football or kick ball. These are great ways to burn extra calories.

Limit dessert to one. Most people eat dessert on Thanksgiving, but don't over-indulge. Pick one dessert that you really want and do not go back for seconds.

FUNCTIONAL FOCUS: Kinetic Chain Concepts
Strengthening the Chain: A Joint-by-Joint Approach

- If one's muscle/joint is weak**,** than other muscles/joints compensate to maintain functional movements.
- The core is the most important link in the kinetic chain**;** **<u>this is were all movement begins</u>**.
- A functional core stabilization progression is designed to recruit the muscles that stabilize the lumbo-pelvic-hip complex.
- Muscle imbalances, joint dysfunctions, and abnormal neuromuscular control must be assessed systematically throughout the kinetic chain.



Joint-by-Joint Guidelines:

- **Lose ankle mobility, can result in knee pain**
- **Lose hip mobility, can result in low back pain**
- **Lose thoracic mobility, can result in shoulder or low back pain**

Chronic lower back pain is a challenging condition to treat. Exercise is considered appropriate for the vast majority of those afflicted with this condition.

Weakness in the back extensors and altered proprioception are two functional deficits that have been associated with chronic lower back pain.

Strengthening the lumbar extensor muscles has been shown to reduce the need for surgery.

PERSONAL TRAINING SPECIAL

- **5 one- hour sessions for $200**
- **All packages expire on March 30, 2010**
- **Makes the perfect holiday gift!**

SEMINAR: Healthy Holiday Eating

Join us for ***Healthy Holiday Eating***, a seminar to help you eat well and manage weight during the hectic holiday season.

What you will learn:

- **Portion control**
- **Trimming fat not flavor**
- **Preparing "lighter" holiday favorites**
- **Eating healthier at parties**

This seminar**,** presented by Dietetic Intern Marilyn Pellegrini, will be held on **Friday, November 6, 12 noon - 1:00 pm** in the Trustman Boardroom, Stoneman 2. To register**,** contact the Tanger Be Well Center at (66)7-4695.