Membership
Closed: Monday, February 15
Presidents' Day

Group Exercise
Winter Schedule is in Effect
Try This!!
Kettlebell Basics!
Mondays, 12:10 -12:55 p.m.
With Brian

Seminars
Sodium Alternatives
Friday, February 12
Noon - 1:00 p.m.
Trustman Boardroom, Stoneman 2
Presented by Rumya Marudhappan,
Dietetic Intern

Call the Tanger Be Well Center
at (66)7-4695 to register

Gym Etiquette
During this busy time of year, please be sure to wipe down the equipment after use, and help prevent the spread of germs.

Ask the Dietician about Juice Cleansing

Q: I’m thinking about trying a juice cleanse to lose weight quickly, detoxify my body, and boost my metabolism. Is this a good idea?

A: Juice cleanses are a booming industry and a quick internet search will reveal a huge number of results showing where to buy a premade juice cleanse, or how to make your own at home. The appeal of a juice cleanse is easy to understand: you’re told that you will lose weight quickly, rev up your metabolism, have more energy and eliminate unwanted toxins, all while sporting shiny hair and glowing skin. And the best part is that all of this will be achieved in three to five days.

Unfortunately, juice cleanses and “detox diets” don’t actually work, and aren’t even necessary. Our bodies have systems already in place to make sure that we are detoxified, such as the liver, kidneys, lungs, intestines, skin and lymphatic system. If we reach a state of actual toxicity, immediate medical attention is required. It is not something that can be cured with juice. As for metabolism, there are healthy ways to make sure it is running smoothly and efficiently. These include making sure you consume a balanced breakfast every morning, eat enough protein and healthy snacks throughout the day, include weight lifting and interval training in your workout routine, get a great night’s sleep and drink plenty of water. Fasting and drinking nothing but juice for days at a time will actually slow down your metabolism.

An average juice cleanse provides less than 1,200 calories, 20 grams of protein and 11 grams of dietary fiber per day. If this is all you are consuming, you might feel nauseous, lethargic, tired, cranky or hungry and could experience abdominal cramping and diarrhea. These symptoms do not mean that the juice cleanse is working; they indicate that your body is starving and is not getting the nutrients it needs in order to sustain activities of daily living. And if these reasons are not enough, keep in mind that on average, a three-day juice cleanse purchased at a store costs approximately $200. For that amount of money, you could buy delicious, nutrient-packed foods that would nourish your body to keep you feeling balanced, plus promote weight loss, naturally. Set reasonable, achievable weight loss goals for yourself and remember that there are no quick fixes. Good health and sustainable weight loss are part of a lifelong journey, attained through good nutrition, exercise, and stress management. Remember, there is no need to punish yourself with starvation to lose weight. Food is an important part of life, and should be enjoyed.
Exercising Safely Outdoors During the Fall and Winter Months

Fall and winter months typically mean colder temperatures and shorter days. For those who exercise outdoors, this sometimes means going out for a run when it is cold and dark outside, conditions which warrant paying closer attention to personal safety. The following are tips to help keep you safe outdoors during the cold months and the rest of the year, as well:

Tell someone where you are going – It is always a good idea to do so, “just in case.” Furthermore, tell a friend, family member or roommate approximately how long you expect to be out.

Carry only essential items – Bring some form of identification with you and enough money for a cab or public transportation, in the event you need assistance returning home.

Become one with nature and go headphone-free – It is important to be aware of your surroundings, to hear the world around you, and react if necessary.

Wear reflective clothing so you can be seen – Drivers and cyclists need to see you as much as you need to see them. Bright colored clothing and reflective strips on jackets and sneakers help you to stand out.

Run against the flow of traffic – Running against the flow allows you to see approaching cars and to react defensively if necessary.

Vary your route – Not only is it good to have variety in your exercise routine it is also benefits your safety. Varying your route helps to make it difficult for criminals to track your routine. Check the weather forecast before venturing out – Knowing the forecast allows you to dress properly for the weather conditions you are likely to encounter. To keep your body warm, wear insulating, moisture-wicking fabrics that cover your head, hands and feet. Wear a water-resistant top layer if the forecast calls for wet weather.

Carry your cell phone for emergency purposes only – Should you get lost or injured, your phone can come in handy to call a friend, family member or 911.

Work out with a partner or group – Exercising outdoors with others can be fun and provide a challenge to your workout. Exercising with others also adds another layer of safety that you would otherwise not have when venturing out alone.

Wear shoes appropriate to the weather – Trail running sneakers can provide better traction along frozen roads and sidewalks. If you want to continue running in your usual pair of running sneakers, consider attaching an over-the-shoe traction device.

Source: www.huffingtonpost.com/2015/02/08/winter-workout-safety-tips