Membership
Closed Patriots Day April 17

Group Exercise
Spring schedule is in effect
Try This!!
Open Workout!
Tuesdays and Thursdays
7:30-8:00 a.m.
with Mike and Ric

Seminars
Alcohol and Nutrition
Friday, April 7, Noon - 1:00 p.m.
Trustman Board Room, Stoneman 2
Presenter: Kristi Ellis, Dietetic Intern

Ask the Doc: Shoulder Pain
Friday, April 28, Noon - 1:00 p.m.
Shapiro 247 Conference Room
Presenter: Joe DeAngelis, M.D.

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

Be Well Open House!
Wednesday, April 12,
7:00 a.m. - 6:00 p.m.

Please join us on April 12 for fun and games at the Be Well Open House. Light refreshments and snacks will be available throughout the day. Try your hand in the game room from Noon to 4:30 p.m. for a chance to win prizes and a membership at Be Well! We look forward to seeing you there!

The Be Well Staff

Marathon Recovery

Immediately Post-Race
- Recover immediately with nutrients and fluids.
- Ease your body back to normal temperature.
- Once the immediate muscle cool-down occurs, within the next 24 hours, ice (ice bath, cooling bath, ice bag) to decrease any inflammation in the muscles.
- Change into dry clothes and work on any damage to feet and skin that occurred during the race.
- Occasionally walk around, to keep your legs stretched out and hopefully, reduce some of the post-race soreness.

1-3 Days Post-Marathon
- No running or cross-training, to give muscles time to repair.
- Soak in a warm tub or apply heating pads for 15 to 20 minutes and do some light, easy passive stretching.
- Eat lots of carbs and protein to replenish what was lost and to rebuild the muscles that were broken down during the run.
- Light massage and/or light foam rolling might assist the stretching and break up the scar tissue created in the muscles but deep muscle massage is not useful quite yet.

4-7 Days Post-Marathon
- Begin running again at a light pace and for only a few miles.
- Light cross-training can be resumed during this time.
- Continue to ice and heat frequently, sometimes alternating the two. This will facilitate the movement of blood to the affected area, increasing nutrients and oxygen that aid in healing.
- Continue frequent foam rolling and massaging.

7-14 Days
- Increase the number of miles run (only slightly; don’t rush it) and the number of running days per week.
- Increase either the number of days or the intensity of cross-training (although only slightly. Again: don’t rush it).

14-21 Days
- Slowly start returning to full running training routine.
- Cross-training can also slowly return to normal amounts and intensities.
- There is no need to fear de-training during this time period but be careful about over-training.

References:
Fermented Food for Thought

Q: What are fermented foods?
A: Fermented foods, also called ‘probiotics,’ are those which contain beneficial bacteria.

Q: How many bacteria do we have in our bodies and what do they do?
A: We have trillions of beneficial bacteria in our bodies. Most live in the colon, and their total mass is about three pounds. Beneficial bacteria provide us with vitamins B and K, educate and regulate our immune system, regulate our energy metabolism, and new research shows that they may even decrease anxiety and depression.

Q: What can I do to promote healthy bacteria in my gut?
A: Many factors influence the makeup of our intestinal microbiota, but we have the most control over diet. Beneficial bacteria need fiber to thrive, so be sure to eat five servings of whole fruits and vegetables every day, and choose whole grains over processed ones. In addition, incorporate healthy bacteria directly into your diet by choosing fermented foods.

Q: What fermented foods do you recommend?
A: Fermented foods contain many kinds of beneficial bacteria. Yogurt is a popular choice; avoid added sugar by buying ‘plain’ and adding cinnamon or berries. Pickles and sauerkraut are also common; buy them unpasteurized or make them yourself for a bigger probiotic punch. Asian cuisine celebrates fermented foods, including kimchi, soy sauce, tofu, and tempeh. Fermented drinks like kefir milk and kombucha tea have become trendy, as well. Research on health benefits of probiotics is ongoing.

Q: How can probiotics benefit my heart?
A: Probiotics may reduce blood cholesterol by preventing its absorption from the intestine, and by breaking down bile acids. These acids are usually recycled, but when they are broken down, the liver must make new bile acids, thus, depleting cholesterol in the blood.

Q: How can probiotics benefit my immune system?
A: Beneficial bacteria defend their territory against intruders, including pathogens that cause diarrhea. They also help colon cells maintain tight junctions between each other, preventing toxins and pathogens from migrating from the intestine into the bloodstream, and modulate the immune system, stimulating regulatory T cells and reducing expression of inflammatory cytokines.

References: