Closed Labor Day
Monday, September 4

Group Exercise
Fall Schedule is in Effect!
Try this:
Anything Goes
Tuesdays, 6:30 – 7:15 a.m.
with Kara
&
Transformation Tuesday
Tuesdays, 5:30 – 6:15 p.m.
with Leddy

Schedules are available at the front desk

Seminar
Happiness: A Recipe
Thursday, September 21
Noon -1:00 p.m.
Reisman Lecture Hall
Presented by Harvard Pilgrim Health Care

Member Reminder
Please complete the Group Exercise Survey which accompanies this issue of the Be Well Bulletin. Share your feedback to help us improve our group exercise program!

Tanger Be Well Staff Spotlight:
This is a special series highlighting the newest member of the Be Well team.

Exercise Physiologist Leddy Gallagher
What are you most excited or passionate about?
Traveling and seeing new places. I like to explore new cities and took a 10-city European trip during my gap year between undergrad and grad schools. I found the city of Interlocken, Switzerland to be my favorite because everybody appreciates their natural surroundings and can be physically active outdoors without needing technology to be entertained. I am looking forward to exploring more places like that in the near future.

Have you had any life-changing experiences that led you to be doing what you’re doing today?
I first discovered my passion for fitness through my own experience in rehabbing from an injury. After physical therapy, I started training at a facility in my hometown. I gained more confidence in myself because I was stronger and moving better than I had been, prior to surgery. It was around this time that I realized that I wanted to do something fitness-related because I wanted to help others to feel stronger and confident within themselves.

We are always growing and learning. Is there any one thing you would like to take the time to learn more about?
Women’s health, specifically pre- and post-natal care. In graduate school, I did a research presentation on the effects of exercise on preeclampsia and that is what sparked my interest in this population. I realized the importance of physical activity, not only during but also before and after pregnancy.

What drew you to working at the Tanger Be Well Center?
Unlike most gyms that care more about meeting quotas and selling packages, the team here really cares about its members and that was obvious from Day One.
Q: I sit at my desk for most of my work shift and have developed discomfort, even pain, in my neck, shoulders and back. What is causing this and what can I do about it?

A: Take a close look at the picture to the left, below. Is this you? If it is, you fall into the same category as many professionals who spend most of the day at their desk. Sitting with the hip and spine in a flexed position for long periods of time causes a “downward spiral” of events known as ‘Dr. Vladimir Janda’s Upper and Lower Crossed Syndromes’ (UCS and LCS). The picture to the lower right displays the negative physiological effects of both. Although there are various treatments to help correct both syndromes, and contacting a good physical therapist is highly recommended, this article will focus on the best form of treatment: prevention. Here are some great tips to help you prevent both UCS and LCS:

• Correct Work Station Posture and Set-up

Visit the website at http://www.webmd.com/back-pain/proper-sitting-posture-for-typing, to learn how to sit correctly at your work station. Additionally, you can always contact Employee Occupational Health for a more thorough evaluation of your work station.

• Take five minutes every hour to stand up and move

Taking the hips and spine out of flexion and moving the body generally are highly effective preventive techniques.

• Stretch

Taking ten minutes once or twice a day to stretch can work wonders in preventing UCS and LCS. Refer to the BIDMC Portal for some great stretch break videos!

• Move More

In general, the human body is not made to sit for extended periods. Be sure to be active, and get moving at least three to five times per week for 30 minutes or more.

Member Highlight

Be Well Member: Sarah Peterson

When did you get started on the path to improve your overall health?

Last summer I started to become more dedicated to fitness but my dietary practices did not come together simultaneously. My dietary behaviors were not supporting my efforts to become more physically active and this continued through the holidays. After the holidays and a few pounds heavier, I realized that I had to take both eating and working out seriously. It was also during this time that I joined a weight management program where I had to track what I ate and be aware of what I was doing.

As a result of these activities I have lost 34 lbs.

What were your challenges?

Basically, better time management and planning. I had to be more focused and more serious than I was in the past, making the time to exercise most days of the week. This required me to shift my priorities in terms of going to sleep earlier, waking up earlier, and leaving work on time so that I could get to Be Well on time.

What have you learned?

I learned about the importance of strength training combined with cardiovascular exercise to achieve optimal results. I did not know how to use the machines or free weights and I had a tendency to gravitate solely to aerobic activity because I viewed that as being easier to do because it was familiar. I also learned about the benefits of interval exercise. This helped me to grow as a runner because I was able to push myself without getting burned out or injured.

What other types of activities do you participate in?

As a youngster, I was never involved with sports or structured exercise. It was not until I was a young adult that I got into physical activity. Since doing so, I have been more willing to try new things, such as swimming and hiking, whereas in the past, I shied away from such activities because I felt that I could not do them. Now I am more confident and more motivated to try. I also discovered that it can be fun and not torture, and that is very rewarding.