TANGER BE WELL BULLETIN

December 2009

Expect the Holidays Time Crunch

'Tis the season for year-end deadlines, vacations, parties, and other commitments. Be aware of your own time constraints and do your best not to over-schedule. Focus on what you can accomplish and set realistic goals.

Beat procrastination

'Tis the season of much to do. Create a 'To Do' list now and beat the rush by completing some of the items each day**,** rather than tackling the entire list three days before your particular holiday begins.

Set a budget

'Tis the season of giving -- but giving doesn't have to be expensive. There is no greater gift than giving of yourself or your time.

Get creative

'Tis the season of imagination. Gifts you make, yourself, are more memorable**,** and generally cost less**.**

MEMBERSHIP

Holiday Hours:

Thursday, Dec. 24th~ 5:30 a.m. – 2 p.m.
Friday, Dec. 25th and Saturday Dec. 26th ~ CLOSED

Thursday, Dec. 31st~ 5:30 a.m. – 2 p.m.
Friday, Jan. 1st and Saturday Jan. 2nd~ CLOSED

To allow room for our new shower caddies, we will be phasing out the soap dispensers in the showers. Please plan accordingly.

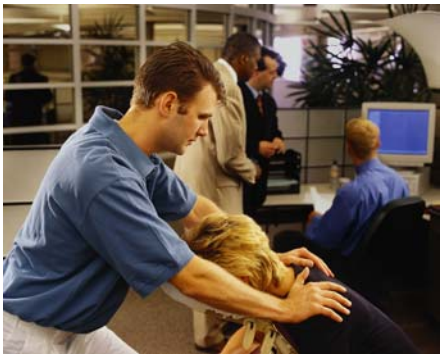
MASSAGE THERAPY

Shopping, cooking, cleaning and entertaining are all part of the holiday season. While we are happy to gather with family and friends, it can still be a very stressful time.

To help reduce holiday stress, the Tanger Be Well Center will be offering **chair massage during the month of December** on **Tuesdays, 11:00 a.m. - 1:00 p.m.**

This type of massage focuses on the head, neck, back, shoulders, arms and hands and is done with the fully clothed person seated facing forward with head resting on a face cradle on a massage chair.

To schedule your 15-minute massage, email Heather Monteiro, LMT at hmonteir@bidmc.harvard.edu or call the Tanger Be Well Center at (66)7-4695. Charges for the 15-minute session are $15 for BIDMC employees and $20 for non-BIDMC employees (cash or check accepted).



FUNCTIONAL FOCUS: *HOW MANY REPETITIONS SHOULD YOU USE WHEN STRENGTH TRAINING?*

Researchers at Ohio University recently examined the adaptations that occur in response to three different repetition maximum (RM) training zones.

Thirty-two untrained men were divided into three repetition zones:

- **Low (4 sets of 3 – 5 RM)**
- **Intermediate (3 sets of 9 – 11 RM)**
- **High (2 sets of 20 – 28 RM)**

The researchers trained the subjects for a total of eight weeks and determined that different adaptations occurred**,** depending upon which repetition zone was used by the participants.

Men in the low and intermediate groups achieved significantly greater muscular growth than those in the high repetition group. Additionally, the low repetition group showed the greatest increase in maximal strength while the greatest improvements in muscular endurance were seen in the high repetition group. The researcher**s** determined that this group had better adaptations for prolonged **aerobic power** and **time to exhaustion**.

The different repetition training zones can be used to develop a variety of resistance-training programs to meet specific goals.

UPCOMING PROGRAMS

Intuitive Eating

This interactive seminar teaches a non-dieting approach to healthful eating. Participants will learn how to identify hunger cues, fullness, and emotional eating**,** and develop the skills needed to fuel the body without diets but rather**,** by listening to what it is saying. Join us for this informative presentation by Joanne Murray, Dietetic Intern, on **Friday, December 4, 12 p.m. – 1 p.m. in the Trustman Boardroom, Stoneman 2.** To register, call the Tanger Be Well Center @ (66)7-4695.

Financial Stress

If you are one of the millions of Americans whose number one stressor is finances, this seminar is for you! During these tough economic times, it is important to manage both your money and your stress effectively. We will discuss ways to save time and money, tips to financial wellness, how to maintain good health without spending too much, and simple lifestyle changes you can make that can impact your wallet. Harvard Pilgrim Health Care will present this seminar on **Wednesday, December 16, 5:30 p.m. – 6:30 p.m.** in the Trustman Boardroom, Stoneman 2. To register, call the Tanger Be Well Center @ (66)7-4695.