TANGER BE WELL BULLETIN

Summer Edition: July/August 2009

MASSAGE THERAPY

Massage services are currently in hiatus and will resume July 21.

To schedule a massage, contact Heather Monteiro, at hmonteir@bidmc.harvard.edu

MEMBERSHIP

Independence Holiday Schedule:

Friday, July 3rd ~ CLOSED

Saturday, July 4th ~ CLOSED

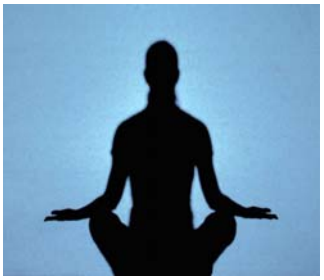
GROUP EXERCISE CORNER

The summer schedule is now available. For online viewing go to:
www.bidmc.harvard.edu/bewell

Try Viniyoga!

Instructor: Carlotta Hayes
Schedule:
Wednesdays: 1:05 pm -1:50 pm

This class is similar in style to Vinyasa Yoga but performed at a slower and more subtle pace. A typical class uses breath synchronized with movement flowing back and forth repeatedly between two postures to target specific sites in the body, followed by holds of increasing duration.



SUMMER *SLIM*~DOWN

It's Hot!

Are you stuck in an exercise rut and need something to spice up your workout? Want to lose weight and improve your over-all fitness level?

Learn combination exercises that will BURN calories!!!

- **Individual personal training: $50/hour**
- **Group (2- 4 people) personal training: $20/pp**

For more information or to schedule your training session contact Rick DiScipio at 617- 667- 4695 or at rdiscipi@bidmc.harvard.edu

WELLNESS

During these difficult economic times**,** most people are looking for ways to cut 'unnecessary' spending from their budget. Quite often, one of the first things to suffer is vacation. This makes sense since the cost of a vacation for a family of four can be upwards of $5,000. However**,** completely eliminating time off from work is not healthy for our minds or bodies.

Here are a few vacation ideas that may be a more affordable option:

- **Day trips**
  - Visiting Historical sites in and around the Boston area.
  - Trip to a museum, zoo or aquarium.
  - Lounging at the beach or at a pool
  - Having a movie day at home
  - One-tank trips from your home
- **Weekend breaks**
  - Trip to a neighboring state and its historical sites
  - Look at travel websites where you can name your own price or those that offer last-minute trips for less money
  - Trade child care duties with a friend**,** allowing you and your spouse some child free time to focus on each other.
- **3-4 day weekend trips**
  - Seek out cruise specials – there are often buy-one-get-one-free deals available
  - Hire a helper to cook two weeks**'** worth of meals that can be frozen**,** and to do some general cleaning, so you can relax when you come home from work.
  - Go to a hotel in your home town to get away from household duties and enjoy a change of scene

These are just some of the ways to take a break without spending a lot of money. It is important to take a day off from time to time. It will rejuvenate you and clear your mind for all of life's commitments.

UPCOMING PROGRAMS

Sun Exposure Screening

Date: Tuesday, July 21st
Time: 11:30 am -1:30 pm
Location: Tanger Be Well Conference Room

The following seminars are held from 12noon to 1pm

Causes of Weight Gain

Date: Friday, July 17th
Location: Rabkin Boardroom

Portion Distortion Jeopardy

Date: Friday, July 10th
Location: Trustman Boardroom