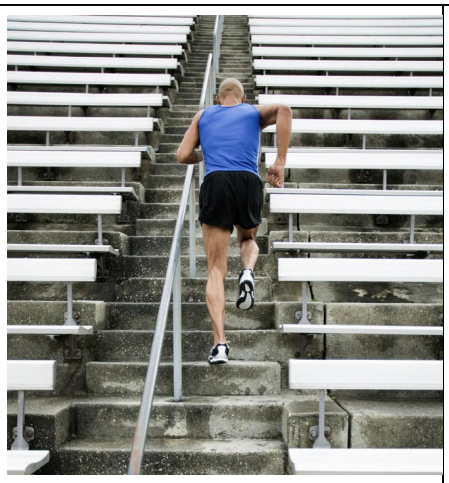


TANGER BE WELL BULLETIN

April 2010

MASSAGE THERAPY

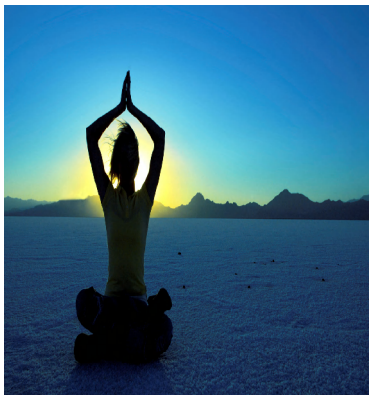
To schedule a massage, email Heather at hmonteir@bidmc.harvard.edu or call 617-667-0168.

Chair Massage
Wednesday April 14
10 a.m. – 6 p.m.

GROUP EXERCISE CORNER

Copies of the Spring Schedule are now available at the front desk

New Instructor
Class: Zumba
Day: Thursday
Instructor: Raul



New Class Time
Class: Yoga
Day: Friday
Time: 12:10 - 1:00 pm

MEMBERSHIP

Monday, April 19th ~ Patriots Day – CLOSED

SPRING INTO WELLNESS

As daylight hours increase and cold weather wanes, we know that spring is here. With warmer weather our interest revives in many outdoor activities such as walking, cycling, hiking, and trips to the beach. This is also a great time to reflect inward on our health from a physical, mental, social and financial perspective. Although many of us feel that we are too busy to take the time for self-care, it is important to realize that by taking care of ourselves, we become stronger and more capable in our efforts to support others. Here are some quick self-care tips to get you started:

- During the day, practice a five minute relaxation technique such as deep breathing, meditation or mini-vacation
- Take a 15-minute brisk walk outdoors
- Engage the whole family in an activity (game night) or event (charity walk)
- Plant a garden or support a community garden.
- Save 15-minutes at the end of your day for “Me Time”.
  - Read a book without distraction from others
  - Take a stretch break with relaxing music
  - Write in a personal journal
- Reduce your TV time

FUNCTIONAL FOCUS

Why is obesity considered an epidemic? There are many reasons, including the fact that Americans are eating more energy-dense, nutrient-poor foods with high levels of sugar and saturated fats. Society's fast-paced mindset encourages eating food on the go, and the family dinner table is all but obsolete.

Being overweight or obese poses a major risk for serious diet-related chronic and life-threatening diseases, including Type II diabetes, coronary heart disease, high blood pressure, high cholesterol, stroke, gallbladder disease, cancer, osteoarthritis, sleep apnea, respiratory problems, and reproductive complications.

What is Obese?

Weight is commonly assessed using the Body Mass Index (BMI) defined as the weight in kilograms divided by the square of the height in meters (kg/m2). A BMI over 25 is defined as overweight, and a BMI of 30 or more is considered obese. Go to www.nhlbisupport.com/bmi to figure out yours.

Living a Healthier Lifestyle

It's easier than you think to add healthy choices to your routine. Little changes can go a long way:

-Substitute water for one sugary drink every day.

-Add one or two more fruits or vegetables to your meals each day.

-Eat breakfast! It keeps you from overeating throughout the rest of the day.

-Watch your portion sizes! A serving of meat should be no more than the size of a deck of cards, and one serving of pasta or rice is only half a cup.

-Stay away from trans fat, a formerly healthy fat which has been chemically processed into an unhealthy fat. Even something labeled "low-fat" may still contain trans fat.

Try New Things!

To lose weight, you must eat fewer calories than your body uses. This doesn't necessarily mean you have to eat less food. You can create lower-calorie versions of your favorite dishes by substituting fruits and vegetables in place of higher-calorie ingredients.

-Reduce the amount of cereal in your bowl to allow for bananas, strawberries, or peaches.

-Substitute spinach, onions, or mushrooms for one of the eggs or half the cheese you would have in an omelet.

-Exchange two ounces of cheese or two ounces of meat in your sandwich for extra lettuce, tomatoes, cucumbers, or onions.

-Add one cup of chopped vegetables and remove one cup of pasta or rice from your entrée.

UPCOMING PROGRAMS

Quick Meals for Healthy Kids and Busy Parents
Presented by Bethany Fulmer, Dietetic Intern

Friday, April 16th Noon – 1:00 p.m. ~Trustman Boardroom, Stoneman 2

Estate Planning
Presented by AllOne Health ~ BIDMC's EAP provider

Wednesday, April 21st Noon-1:00 p.m. ~ Trustman Boardroom, Stoneman 2

If you are interested in attending either of these seminars call 7-4695 to register.