# TANGER BE WELL BULLETIN

March 2010

## MASSAGE THERAPY

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

## GYM ETIQUETTE

In October 2009, BIDMC instituted a fragrance-control policy which applies to all hospital employees and fitness center members. To view the policy, stop by the front desk or check the fitness center bulletin board.

## Contest Results

**Chest Press: Men's Division**

**1st Manuel Valdez**
**2nd Blagoja Todorov**
**3rd Matthew Rabesa**

**Chest Press: Women's Division**

**1st Jennifer O'Connor**
**2nd Nancy Chamberlain**
**3rd Jennifer Kaplan**

**Arm Hang: Men's Division**

**1st David Thorpe**
**2nd Matthew St. Hilaire**
**3rd Thomas Buck**

**Arm Hang: Women's Division**

**1st Lindsay Hardy**
**2nd Eboni Walcott**
**3rd Judi Hirshfield-Bartek**

The complete results are posted in the fitness center.

## MEMBERSHIP

Membership at the Tanger Be Well Center is maintained on a semi-annual (6-months) basis–and may terminated at the end of June or December by submitting a "Drop" form, available at the front desk.

Also, available at the desk for $1, each, are bars of soap and disposable flip-flop slippers that can be worn in the shower.

## WELLNESS

**Diabetes affects more than 23 million Americans, with approximately 57 million more having pre-Diabetes.** When someone has Diabetes, their body does not produce enough insulin or does not properly use insulin. Type 1 and Type 2 are the two most common types of Diabetes.

**Type 1 Diabetes** is an autoimmune disease in which the body does not produce insulin.

**Type 2 Diabetes** is a condition in which either the body does not produce enough insulin or the cells become resistant to the insulin produced.

Insulin enables the body to use glucose for energy. All sugars and starches are broken down into glucose, which is the basic fuel for the cells in the body. Insulin takes the glucose from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications which include retinopathy, nephropathy and neuropathy.

Changing your lifestyle by becoming more active and eating a well-balanced diet, can reduce your chances of developing Type 2 diabetes and help diabetics control their glucose levels.

**Classification of Diabetes:**
Normal Blood Glucose: 70-110 mg/dl
Pre-Diabetes: 100-125 mg/dl
Diabetes: >/=126 mg/dl (on two separate occasions)

*Source: American Diabetes Association*

## FUNCTIONAL FOCUS: Strength Training and Diabetes

Type II Diabetes affects 18.2 million Americans, accounting for 90–95% of all cases. Aerobic exercise is well established and commonly prescribed for controlling blood glucose. Obesity is the most recognized risk factor for developing non-insulin-dependent Diabetes Mellitus. Recently, the impact of moderate and high-intensity strength training has been examined with respect to blood glucose control and to deal with the underlying obesity factors that may magnify the problem.

### Diabetes and the Benefits of Strength Training

If you have Diabetes Type II, research has shown that strength training can:

- Improve insulin sensitivity
- Improve glucose tolerance
- Help you lose weight
- Lower your risk for heart disease

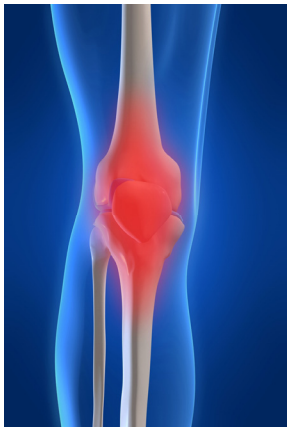
### Strength Training and Diabetes Guidelines*

The American Diabetes Association (ADA) recommends that people with Type II Diabetes start a strength training program to help with blood sugar control. The resistance-training program should utilize light/moderate intensity (45–65% 1RM) at the start of the program while utilizing a progressive resistance training model throughout the program. Begin with 2 sets of 10-15 repetitions, up to three times a week. As you progress, intensity levels (50-80% of 1 RM) can be increased.

In order to avoid hypoglycemic events, blood glucose should be monitored before, during, and after exercise. A long-term study evaluated the effects of 2 sessions per week of high-intensity progressive resistance training. Participants in the study decreased abdominal fat significantly and insulin sensitivity improved 46% with no major complications.

*February 2007 • *Strength and Conditioning Journal*

## UPCOMING PROGRAMS



**Joint Health - What You Should Know about Your Knee**
Wed., March 3rd noon – 1:00 p.m. Trustman Boardroom

**Stopping the Weight Gain Evolution seminar**
Fri., March 5th noon – 1:00 p.m. Trustman Boardroom

**Money Management seminar**
Tues., March 9th noon – 1:00 p.m. Rabkin Boardroom, SCC10

**Diabetes and Nutrition seminar**
Thurs., March 25th noon – 1:00 p.m. Trust man Boardroom

**Weight is Over – Weight Management Series**

This eight-week program follows the philosophy of the four pillars of weight loss – exercise, nutrition, stress reduction and motivation. The program consists of weekly lectures on Thursdays, 5:30 p.m. - 6:30 p.m., and two personal training sessions. The cost of $100 for BIDMC employees or $150 for non-employees, includes a personalized nutrition plan and reference manual.

***To register, call (66)7- 4695; for additional information, contact Rick DiScipio at rdiscipi@bidmc.harvard.edu.*** The program **begins on March 18,** and **concludes on May 6.**