

TANGER BE WELL BULLETIN

November 2010

MASSAGE

Enjoy a 15-minute, stressrelieving Chair Massage

Wednesday, November 17 10:00 a.m. – 6:00 p.m. \$15 for BIDMC staff \$20 for non-BIDMC staff Cash or check accepted

To book your massage, contact Heather Montiero at hmonteir@bidmc.harvard. edu

GROUP EXERCISE CORNER.

Remember to observe the **five-minute** rule when attending group exercise classes. For safety reasons and to avoid disrupting the class, participants are not permitted to enter the studio more than five minutes late.



MEMBERSHIP

Tanger Be Well Thanksgiving Holiday Schedule

Wednesday, November 24 - 5:30 a.m. – 2 p.m.

Thursday, November 25 – Closed

Friday, November 26 – Closed

Saturday, November 27 – 8 a.m. – 2 p.m. (Regular hours)

ASK THE TRAINER

I have been strength training for a couple weeks, in combination with my usual cardiovascular training, however, I have not lost any weight. What could be the problem?

It is very common at the beginning of a strength training program to maintain weight or even gain a few pounds. This is due to muscles being in the process of rebuilding themselves. In order to do this, muscles will retain water for a couple weeks, making it appear that you have not lost any weight. Advice: Stick with the program, the changes will come!

I am so busy that I haven't been able to find time to do 30 consecutive minutes of exercise. What can I do instead, to reach my daily physical activity goals?

The American College of Sports Medicine recommends moderate-intensity aerobic activity, which is generally equivalent to a brisk walk, noticeably accelerates the heart rate can be accumulated toward the 30-min minimum from bouts lasting 10 or more minutes.

FUNCTIONAL FOCUS

VISUALIZATION: "Thinking Yourself Thin"

Visualization is the art and skill of creating a mental model of an event or situation. The body cannot distinguish between an event which is experienced and one which is vividly imagined. We cannot think or imagine without some level of physical response occurring. In visualization, thoughts and images lead to the creation of neurological patterns, which in turn, lead to muscular responses. Make daily visualization a habit, along with exercise and eating right.



Visualize your ideal weight and appearance daily -- particularly before going to sleep

- ➤ Take a few moments in your day, perhaps at the beginning or the end, to indulge in your thoughts. Have a clear picture of what you would like to achieve; see the picture of yourself in your mind.
- > Sit calmly and think about where you want to go and what you see in your visualization. Make your mental images as real as possible.
- ➤ Being able to relax is crucial to helping make your weight loss visualizations effective. You must be relaxed in order to reach your subconscious mind.
- Always phrase affirmations and visualizations in the present tense: "I am" rather than "I will". The subconscious mind can only understand the present.

UPCOMING PROGRAMS

Mindful Eating- Friday, November 12 Trustman Boardroom, Stoneman 2

Holidays on a Shoestring Budget- Wednesday, November 17 Trustman Boardroom, Stoneman 2





The above seminars will meet Noon - 1:00 p.m. To register, call (66)7- 4695 or email Carine at ccorsaro@bidmc.harvard.edu.