

TANGER BE WELL BULLETIN

April 2011

MASSAGE

Enjoy a 15 – minute, stress - relieving Chair Massage

Wednesday, April 13 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

Try Muscle Conditioning!

Fridays: 1:05 -1:50 p.m. Instructor: Deb

A resistance training class focusing on strengthening all of the major muscle groups using hand-held weights, body-bars, and exercise bands. All levels welcome.

For online viewing go to: www.bidmc.harvard.edu/bewell

MEMBERSHIP

Monday, April 18 ~ Patriots Day – CLOSED

ASK THE TRAINER

I have been putting in very strong strength training and cardiovascular workouts for the past few months, but my results are still not where I want them to be. What could be the problem?

There are multiple reasons why you may not be attaining your workout goals, but a commonly overlooked aspect of fitness is recovery time. This is essential for muscle fiber to repair itself. A good night's sleep cannot be underestimated when working to achieve fitness goals.



How does sleep effect weight loss?

Inadequate sleep interferes with the body's ability to metabolize carbohydrates and causes high blood levels of glucose. This leads to higher insulin levels and greater body fat storage. In addition, lack of sleep decreases leptin levels which lead the body to crave carbohydrates.

UPCOMING PROGRAMS

Panel

A Diabetes Panel Discussion: Prevention, Management and Continuum of Care

Wednesday, April 6, Noon - 1:00 p.m. Rabkin Boardroom, Shapiro 10

Come and learn about diabetes; effective management strategies, and how to decrease your risk of developing this disease. Our panelists will be registered dietician Sandra Alonen, MEd, RD, LDN; exercise physiologist Carine Corsaro, B.S., ACSM-HFS; podiatrist Dr. Barry Rosenblum, D.P.M.; and clinical exercise physiologist Michael See, MS, RCEP, CDE of the Joslin Diabetes Center.

Seminars

The Truth About Vegetarian Diets

Friday, April 1, Noon - 1:00 p.m. Trustman Boardroom, Stoneman 2



Are you in pursuit of a healthier diet? Not sure if a meatless diet is the right choice? Are you a vegetarian concerned about meeting the nutrient requirements found in a meat- based diet? Join us and learn about the types of vegetarianism, health benefits, required nutrients and supplements, and the effects of a vegetarian diet on performance and strength.

Creating Wealth: Stocking up for the Long Haul



Friday, April 15, Noon – 1:00 p.m. Trustman Boardroom, Stoneman 2

Few people have the financial resources to attain such major goals, as a down payment on a home, a college education, and retirement, without long-term investments. By investing, you will be able to put the power of compounding to work for you and achieve higher rates of return than you might with savings, alone. Risk, diversification, and asset allocation are important concepts to understand for successful investing.

Effective Weight Loss Strategies for you and your Family

Thursday, April 28, Noon-1:00p.m. Trustman Boardroom, Stoneman 2

With obesity at an all time high, it is important for you and your family to stay healthy. Join us to learn strategies that can help you and your family achieve a healthy lifestyle.

Six Week Weight Management Program





Frustrated with fad diets and infomercial exercise gimmicks? The Weight is Over program is based on scientific research and uses key strategies to attain permanent weight loss success. The goal of the program is to help participants make permanent lifestyle changes. The six-week series consists of weekly lectures and two personal training sessions. Participants will receive a personalized nutrition plan and reference manual. Lectures will meet on Tuesdays, April 19 through May 24, 5:30 - 6:30 p.m. in the Shapiro 247 conference room. The cost is \$100 for BIDMC employees, \$150 for non-employees.

To register for any of the above events, or for more information, call (66)7- 4695 or email Carine at ccorsaro@bidmc.harvard.edu.

Six Week Employee Contest ~ Choose to Move!

Back by popular demand, the BIDMC walking program will begin, with a kickoff walk, on **May 9 at Noon** in the Shapiro Courtyard located outside Souper Salad. Employees may join as individuals or as a team of up to ten members. Individuals and teams who **increase their steps** by 50% or more will be eligible for raffle prizes. Check the portal for more information on registration, which will start on **April 25**. Each employee who registers will receive a complimentary pedometer and information on exercise and heart health.