TANGER BE WELL BULLETIN

Summer Edition: July/August 2011

MASSAGE

Enjoy a 15 – minute,
stress - relieving
Chair Massage

Wednesday, July 20
10:00 a.m. - 6:00 p.m.

Wednesday, August 17
10:00 a.m. – 6:00pm

$15 for BIDMC staff
$20 for non-BIDMC staff
Cash or check accepted
To book your massage,
contact Heather Monteiro at
hmonteir@bidmc.harvard. edu

GROUP EXERCISE CORNER

Our summer schedule is now in effect. For online viewing go to **www.bidmc.harvard.edu/bewell** or pick up your copy at Be Well's front desk

MEMBERSHIP

Independence Holiday Schedule:

Saturday, July 2: CLOSED

Monday, July 4: CLOSED

ASK THE TRAINER

I recently rejoined the Fitness Center and am not sure whether I should be doing cardio, strength training, or both. I've always enjoyed cardio and my original plan was to start using the elliptical trainer, however, I have read conflicting articles, discussing whether or not this type of exercise will burn muscle mass. What should I do?

Gains made by strength training are not compromised by aerobic activity. Cardiovascular exercise helps to burn body fat, not muscle. As we age, our metabolism slows down. This is a result of a decrease in muscle mass (on average, one half of muscle mass is lost each year after the age of 20). Through strength training, you can maintain your muscle mass and gain more muscle.

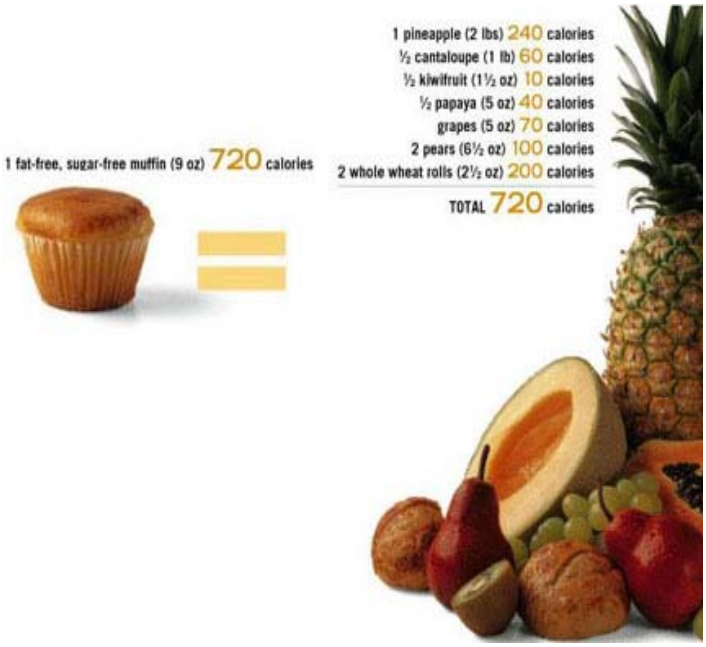
To learn more about the proper way to strength train, make an appointment with one of Be Well's exercise physiologists. Morning, afternoon and evening appointments are available.

NUTRITION INFORMATION

Healthier Food Choices: A Comparison of Two Meal Plans

Every day, we must choose what to eat. For most of us, meals have to be quick and easy, and they have to taste good. Unfortunately, the health benefits of a particular food are not always considered. The truth is that the foods we select have a profound effect on our health, weight, and energy levels.

With a little thought and planning, you can make a few dietary adjustments that can result in a tremendous change in your daily intake of nutrients. On the table below, see the difference good choices can make!



Eat This	Not That
Breakfast	
1/3 cup rolled oats soaked in 1 cup unsweetened soy milk 1 mashed banana ½ cup blueberries	1/3 cup instant oats cooked in 1 cup whole milk
Lunch	
½ cup cooked quinoa 1 cup steamed broccoli ½ cup steamed sweet potato 1 cup steamed mushrooms ¼ cup peanut sauce	8" hoagie roll 2 slices of cheddar cheese 2 slices of turkey 2 tablespoons mayonnaise 1 cup potato chips
Snack	
Apple 2 tablespoons almond butter	1 cup pretzels
Dinner	
1 cup whole wheat spaghetti 1 cup spaghetti squash ½ cup tomato sauce ½ cup lentils 1 cup steamed kale	2 cups spaghetti ½ cup Alfredo sauce 1 slice of bread 1 tablespoon butter
Dessert	
Brownie made with fruits, nuts, and cocoa powder	2" baked brownie square
Total Daily Calories	**Total Daily Calories**
1,830	**2,560**

These better decisions make a difference of over 700 calories, and involve no deprivation. In fact, your hunger will be satisfied more completely in choosing the healthier foods.