TANGER BE WELL BULLETIN

May 2012

MASSAGE

May 7 – 12: Nurses receive a 50% discount on a 30-minute or 60-minute massage

Thursday May 17
10:00 a.m. – 6:00 p.m.
15-minute Chair Massage
$15 for BIDMC staff
$20 for non-BIDMC staff

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

GYM ETIQUETTE

As a courtesy to everyone, please remember to:

- ✓ Place used towels in bins located in the locker rooms.
- ✓ Return magazines to wall racks after use.
- ✓ Leave the Fitness Center when conversing on your cell phone.
- ✓ Observe the posted time limits on cardio equipment.
- ✓ Wipe down each piece of equipment after use.

MEMBERSHIP

Monday, May 28 ~ Memorial *Day: CLOSED*

Winners of the 2012 Milky Way Challenge

- Andrea Vatulas - One month Be Well membership
- Nick Willis - Personal training session
- Joe Colon and Andrea Belschner - 30-minute massage

ASK THE TRAINER

In the Fitness Center, I see people using a device called a foam roller. What is a foam roller and how is it beneficial?

Answer: The foam roller is a cylindrical device, available in different densities. The denser the roller, the harder its rolling surface. Foam rollers are used in a hands-free soft tissue massage technique called Self-Myofascial Release (SMR).

Benefits of SMR:

- Improves mobility and range of motion
- Reduces scar tissue and adhesions
- Decreases tone of over-active muscles
- Improves quality of movement

Do not use SMR if you have:

- A recent injury to the area
- Circulatory problems
- Chronic pain conditions (*e.g.*, fibromyalgia)
- Bony prominences/joints

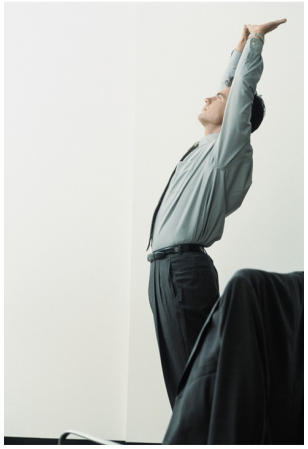
Using a foam roller helps to make soft tissue more pliable by increasing the blood flow to the muscles and decreasing tissue tightness. Common areas of the body on which a foam roller is used include the iliotibial band, quadriceps, hamstrings, calves and latissimus dorsi. Due to the time involved in performing SMR**,** select just a few of areas of the body on which to focus**.** If you would like instruction in using a foam roller, ask one of the Tanger Be Well exercise physiologists.

Sources: Robertson Training Systems and American Academy of Health and Fitness Journal

FUNCTIONAL FOCUS: Fight that "Chained to Your Desk" Feeling

When you sit for an extended period of time, your muscles -- especially in the legs -- are immobile; both circulation and metabolism slow down, which leads to fewer calories being burned. Sitting for long periods of time can also lead to poor posture and stress to the spine. When you sit all day, the hip flexors and hamstrings shorten and tighten, causing the muscles that support the spine to become weak and stiff. To compensate for this these deficits, you should strengthen the muscles of the core (abdominals and lower back) and increase your range of motion by stretching these tight areas.

Tips for people who feel chained to their office desks:



- Set-up a functional ergonomic work station
- Take a 10-minute break at a scheduled time every day; take a walk or stand up and stretch your legs and back
- Try to do some form of daily exercise for 30-60 minutes
- Take the stairs instead of the elevator for burning calories and increasing the circulation in your legs
- Walk to your co-workers instead of emailing them

Source: http://www.womenshealthmag.com/yoga/yoga-for-better-posture

UPCOMING PROGRAM

EMPLOYEE WELLNESS FAIR - *Passport to Your Health*

Date: **Thursday, May 31**

Time: **11:30 a.m. - 1:30 p.m.**

Location: **Shapiro Atrium Lobby, Shapiro 1A & 1B Conference Rooms, East Campus**

This event will provide you with health information, preventive screenings and support resources made available by many of our departments, contracted vendors, and affiliates.

Raffles

- ✓ **Red Sox Tickets**
- ✓ **REI Gift Cards**
- ✓ **Over 100 giveaways**

Health Screenings

- ✓ **Blood Pressure Screening**
- ✓ **Cholesterol Screening (Total/HDL)**
- ✓ **Computerized Heart Health Assessment**
- ✓ **Sun Damage Screening**
- ✓ **Peak Flow Screening**
- ✓ **Balance Assessment**