

MARCH IS NATIONAL NUTRITION MONTH

- March 11-17: Sleep Awareness Week

Remember to Exercise!

When you exercise regularly, you reduce your risk of chronic diseases like diabetes and heart disease while increasing your chances of sleeping better and living longer.

Plus, physical activity can help you manage your weight.

If you haven't been exercising at all, talk with your doctor about ways to start slow. Go for a walk with a friend or try a beginner exercise class.

If you start slowly and keep going, you'll reap health benefits and reduce your risk of injury or burnout.

Find ways to make exercise fun. Meet up with a friend, join a gym class, or find new places to explore. The possibilities are endless! Just do what works for you!

In His Service,



H-3 Ministry

"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

Matthew 11:28-30



National Nutrition Month 2018: Are You Ready?

National Nutrition Month is here -- are you ready for it?

This year's theme is "Go Further With Food," and the Academy of Nutrition and Dietetics has put together all kinds of resources to help promote good nutrition. The goals of this year's theme are threefold. You see, the theme is focused on helping people create an eating pattern and physical activity plan that focuses on...

- **Consuming fewer calories**
- **Getting daily exercise**
- **Making informed food choices**

By adopting these goals, this year's theme strives to help people manage their weight successfully and reduce their risk of chronic disease while promoting general health.

SEE page 4 for Nutrition Alphabet.

It's Time to Mix Things Up!

If you're feeling inspired but not sure where to start? Here are a few great ways to build a healthy lifestyle...

• **Make Smart Choices.** Do you know what's really in your food? How many calories? How many nutrients? The more you know, the wiser your decisions can be. If you're shopping in the grocery store, look at the Nutrition Facts labels of foods before you put them in your cart. If you're dining out, look up the menu online.

• **Eat and Drink Fewer Calories.** Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products, and whole grains. These are all keys to a healthful and balanced diet that's rich in nutrients.



3 STEPS TO MORE MINDFUL EATING

1 Before you decide to eat, ask yourself "Why am I eating?" Make sure hunger is what drives your decision, not stress or boredom. Stop eating when you are no longer hungry.



2 As you take each bite, savor the flavor of the food.



3 The way you serve your food matters. Put it on a plate, and then sit down to eat it instead of eating on the run out of a bag.



resources this issue

Resources: <https://foodandhealth.com/nutrition-month-are-you-ready/>
<https://foodandhealth.com/blog/wp-content/uploads/2015/02/NutritionMonthHandout20151.pdf>
<https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important#section10>

10 REASONS WHY GOOD SLEEP IS IMPORTANT

A good night's sleep is incredibly important for health. In fact, it is just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns.

People are now sleeping *less* than they did in the past, and sleep *quality* has decreased as well.

Here are 10 reasons why good sleep is important.

1. Poor Sleep Can Make You Fat

Poor sleep is strongly linked to weight gain. People with short sleep duration tend to weigh significantly more than those who get adequate sleep. In fact, short sleep duration is one of the **strongest** risk factors for obesity. In one massive review study, children and adults with short sleep duration were 89% and 55% more likely to become obese, respectively. The effect of sleep on weight gain is believed to be mediated by numerous factors, including hormones and motivation to exercise. If you are trying to lose weight, getting quality sleep is absolutely crucial.

BOTTOM LINE: Short sleep duration is associated with a drastically increased risk of weight gain and obesity, in both children and adults.

2. Good Sleepers Tend to Eat Fewer Calories

Studies show that sleep deprived individuals have a bigger appetite and tend to eat more calories. Sleep deprivation disrupts the daily fluctuations in appetite hormones and is believed to cause poor appetite regulation. This includes higher levels of ghrelin, the hormone that stimulates appetite, and reduced levels of leptin, the hormone that suppresses appetite.

BOTTOM LINE: Poor sleep affects hormones that regulate appetite. Those who get adequate sleep tend to eat fewer calories than those who don't.

3. Good Sleep Can Improve Concentration and Productivity

Sleep is important for various aspects of brain function. This includes cognition, concentration, productivity and performance. All of these are negatively affected by sleep deprivation. A study on medical interns provides a good example. Interns on a "traditional schedule" made 36% more serious medical errors than interns on a schedule that allowed more sleep. Another study found short sleep can negatively impact some aspects of brain function to a similar degree as alcohol intoxication. Good sleep, on the other hand, has been shown to improve problem solving skills and enhance memory performance of both children and adults.

BOTTOM LINE: Good sleep can maximize problem solving skills and enhance memory. Poor sleep has been shown to impair brain function.

4. Good Sleep Can Maximize Athletic Performance

Sleep has been shown to enhance athletic performance. In a study on basketball players, longer sleep was shown to significantly improve speed, accuracy, reaction times, and mental wellbeing. Less sleep duration has also been associated with poor exercise performance and functional limitation in elderly women. A study of over 2,800 women found that poor sleep was linked to slower walking, lower grip strength, and greater difficulty performing independent activities.

BOTTOM LINE: Longer sleep has been shown to improve many aspects of athletic and physical performance.



5. Poor Sleepers Have a Greater Risk of Heart Disease and Stroke

We know that sleep quality and duration can have a major effect on many risk factors. These are the factors believed to drive chronic diseases, including heart disease. A review of 15 studies found that short sleepers are at far greater risk of heart disease or stroke than those who sleep 7 to 8 hours per night.

BOTTOM LINE: Sleeping less than 7-8 hours per night is linked to an increased risk of heart disease and stroke.

6. Sleep Affects Glucose Metabolism and Type 2 Diabetes Risk

Experimental sleep restriction affects blood sugar and reduces insulin sensitivity. In a study of healthy young men, restricting sleep to 4 hours per night for 6 nights in a row caused symptoms of **pre-diabetes**. This was then resolved after 1 week of increased sleep duration. Poor sleep habits are also strongly linked to adverse effects on blood sugar in the general population. Those sleeping less than 6 hours per night have repeatedly been shown to be at increased risk for type 2 diabetes.

BOTTOM LINE: Sleep deprivation can cause pre-diabetes in healthy adults, in as little as 6 days. Many studies show a strong link between short sleep duration and type 2 diabetes risk.

7. Poor Sleep Is Linked to Depression

Mental health issues, such as depression, are strongly linked to poor sleep quality and sleeping disorders. It has been estimated that 90% of patients with depression complain about sleep quality. Poor sleep is even associated with increased risk of death by suicide. Those with sleeping disorders, such as insomnia or obstructive sleep apnea, also report significantly higher rates of depression than those without.

BOTTOM LINE: Poor sleeping patterns are strongly linked to depression, particularly for those with a sleeping disorder.

8. Sleep Improves Your Immune Function

Even a small loss of sleep has been shown to impair immune function. One large 2-week study monitored the development of the common cold after giving people nasal drops with the virus that causes colds. They found that those who slept less than 7 hours were almost **three times** more likely to develop a cold than those who slept 8 hours or more. If you often get colds, ensuring that you get at least 8 hours of sleep per night could be very helpful. Eating more garlic can help too.

BOTTOM LINE: Getting at least 8 hours of sleep can improve immune function and help fight the common cold.



9. Poor Sleep Is Linked to Increased Inflammation

Sleep can have a major effect on inflammation in the body. In fact, sleep loss is known to activate undesirable markers of inflammation and cell damage. Poor sleep has been **strongly** linked to long-term inflammation of the digestive tract, in disorders known as inflammatory bowel diseases. One study observed that sleep deprived patients with Crohn's disease were twice as likely to relapse as patients who slept well. Researchers are even recommending sleep evaluation to help predict outcomes in sufferers of long-term inflammatory issues.

BOTTOM LINE: Sleep affects the body's inflammatory responses. Poor sleep is strongly linked to inflammatory bowel diseases and can increase the risk of disease recurrence.

10. Sleep Affects Emotions and Social Interactions

Sleep loss reduces our ability to interact socially. Several studies confirmed this using emotional facial recognition tests. One study found that people who had not slept had a reduced ability to recognize expressions of anger and happiness. Researchers believe that poor sleep affects our ability to recognize important social cues and process emotional information.

Take Home Message

Along with nutrition and exercise, good sleep is one of the pillars of health. You simply can not achieve optimal health without taking care of your sleep.

