

Wellness Newsletter

March/April 2021

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For Better Sleep Wake Up Early To Exercise



If you've ever spent a sleepless night watching infomercials or counting sheep, you're not alone. About 40 percent of all adults in the United States have trouble sleeping throughout the night. Lack of sleep has been linked to diabetes, heart disease, obesity, and depression. It's often a factor in auto accidents and on-the-job injuries. Fortunately, you can do more than toss and turn all night. New research suggests exercising in the morning can help you sleep better at night.

In a recent study, scientists found working out in the morning improved the quality of sleep for participants. Those who completed 30 minutes of exercise on a treadmill at 7 a.m., slept better at night than those who did the same workout at 1 p.m. or 7 p.m.

Arrange your schedule to exercise in the morning to get the rest you need. Aim to get seven to eight hours of sleep a night. You'll be more likely to exercise early when you:

- Organize your workout gear the night before.
- Attend a group fitness class in the morning.
- Schedule a morning appointment with a personal trainer, or find a workout partner to hold you accountable.

*American College of Sports Medicine
Centers for Disease Control & Prevention
National Sleep Foundation*

Give Your Bottom a Break

Drive to work. Sit at your desk. Drive home. Eat dinner. Watch TV. Your life is probably more complicated than that, but chances are good you spend a lot of time sitting. That's a problem because sitting is hazardous to your health. A recent study found sitting for three or more hours a day can shorten your life by two years. That's even if you exercise regularly and don't smoke.

In a study of 167,000 adults, researchers found the average adult spends at least nine hours a day sitting. Too much time on your bottom can lead to type 2 diabetes, heart disease, and stroke. These conditions are among the top 10 leading causes of death in the United States.

To live longer, aim to sit less and move more. Take a quick break from sitting every hour. The following simple activities to give your bottom a break.

At work:

- Take regular breaks to stand up, stretch, and move.
- Walk to give a co-worker a message.
- Hold meetings standing up, or while walking.
- Use a stand-up desk at work.

At home:

- Stand up and jog in place during commercials.
- Pace back and forth when you're thinking or talking on the phone.
- Walk through your house to find a family member, instead of yelling.
- Walk your dog, instead of paying someone to do it for you or ignoring your four-footed friend.

*Centers for Disease Control and Prevention
Harvard School of Public Health*



American Idle- At Risk for Diabetes



For tips on staying
active with diabetes visit
www.diabetes.org

On the popular TV show *American Idol*, judge Randy Jackson dished out advice to up-and-coming singers. The weekly show in its final season draws about 26 million viewers. That's about the same number of people who have type 2 diabetes in the United States, and Jackson is one of them.

Diabetes is a condition that limits your body's ability to turn sugar into energy. It can damage your heart, vision, arteries, brain, kidneys, and nerves. When Jackson finally faced the music about his diabetes, he was ready to change. He improved his diet. He began walking 35 to 45 minutes a day on a treadmill. He lost weight, and now controls his diabetes without medication.

Exercising is a proven way to help manage your blood sugar levels and lower your risk for diabetes. Studies show when overweight diabetic people pedaled a bike moderately for an hour, they lowered their blood sugar levels by up to 50 percent, compared to being sedentary. The effect lasted for 24 hours. Other moderate activities like walking and weight training had the same effect.

To lower your risk for diabetes, exercise 30 to 60 minutes a day. This will help you lower blood sugar levels, lose weight, and reduce body fat. Jackson keeps his treadmill next to his bed to remind him to exercise. When he's on the road, he wakes up early to make time to exercise. "If you can't get to a gym, take a walk," Jackson says. "Park your car a little farther away from where you are heading, or take the stairs. Every little bit helps, as long as you keep moving."

*American Diabetes Association
Journal of Medicine and Science in Sports
and Exercise*

Reduce Stress With Regular Exercise

Everyone has a bad day, or feels sad or depressed at times. If that feeling lingers, it can leave you feeling stuck, hopeless, and discouraged for days. April is National Stress Awareness Month, and there is no better time to learn about stress and how it can affect us.

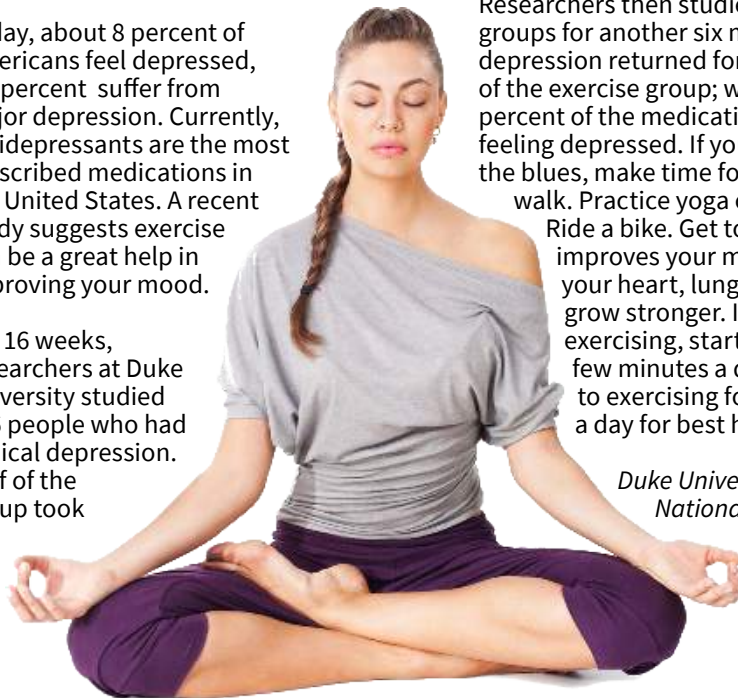
Today, about 8 percent of Americans feel depressed, 3.4 percent suffer from major depression. Currently, antidepressants are the most prescribed medications in the United States. A recent study suggests exercise can be a great help in improving your mood.

For 16 weeks, researchers at Duke University studied 156 people who had clinical depression. Half of the group took

medication to treat depression. The other half followed an exercise program and did not take medication. Researchers found the exercise group improved just as much as those who took medication during the study.

Researchers then studied these two groups for another six months. They found depression returned for only eight percent of the exercise group; while thirty eight percent of the medication group reported feeling depressed. If you're ready to beat the blues, make time for exercise. Take a walk. Practice yoga on a regular basis. Ride a bike. Get to the gym. Exercise improves your mood and helps your heart, lungs, and muscles grow stronger. If you're not exercising, start slowly with just a few minutes a day. Then work up to exercising for 30 to 60 minutes a day for best health.

*Duke University
National Institutes
of Health*



Overtime Hazardous to Your Health

Who wouldn't like the extra money that can come from working overtime? Though spending more time on the job may not be worth it. A study found adults who worked 11 hours or more a day had a 67 percent higher risk of developing heart disease than those who worked an eight-hour day. These days, it's not uncommon for workers to put in extra hours. If you do work overtime, be sure to protect your health and heart while you're at it. Here's how:

- 1. Eat healthy foods like fruits, vegetables, whole grains, nuts, legumes, fish, and poultry.** See www.choosemyplate.gov for more information. Too often, people eat sugary foods, potato chips, and fast food when they're working overtime.
- 2. Exercise.** After a long day at work, it's easy to skip a workout. Since there's a good chance much of your workday is spent sitting, you've got to make some time to exercise. It will strengthen your heart and help you stay at or get to a healthy weight. Try to exercise 30 to 60 minutes on most days.
- 3. Sleep.** Aim for seven to eight hours of sleep per day. Adequate rest is one of your lifelines to healthy living. It can strengthen your immune system, help you burn calories better, and improve your memory. If you can't get seven to eight hours of

sleep at night, try taking a 15- to 30-minute nap in the afternoon.

If you take your job seriously, you need to take your health seriously too. Healthy foods, regular exercise, and adequate sleep will help you feel good and be more successful at work and at home.

*Annals of Internal Medicine
ChooseMyPlate.gov*



Kiwi Fruit - More Vitamin C Than Oranges

Bite into a kiwifruit, and the sweet and sour taste can transport you to a tropical paradise. This fruit earned its common name when it arrived in New Zealand in the South Pacific. With a handful of seeds from China given to him by a friend, a local farmer with an interest in unusual plants grew the first kiwifruit. Locals renamed the Chinese gooseberry after their national bird, the kiwi. It's small, brown, and fuzzy, much like the fruit. On the outside, the kiwifruit might not be as enticing as a shiny, red apple. Inside, the tangy, bright-green fruit speckled with edible black seeds is bursting with vitamin C and other nutrients.

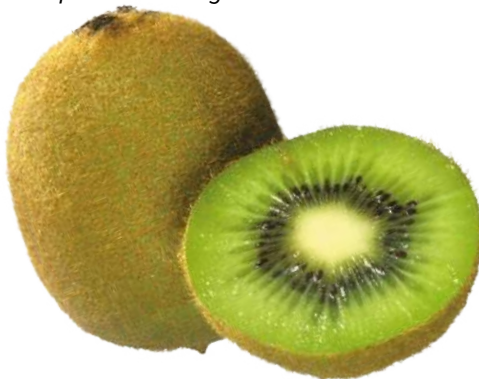
A single kiwifruit contains 120 percent of the vitamin C you need in a day. That's more vitamin C than found in an orange. This antioxidant has been shown to strengthen the immune system, help prevent certain types of cancer, and reduce the risk for heart disease. Kiwifruit is also a good source of fiber and potassium. Research shows that eating fruits and vegetables with these nutrients helps manage cholesterol levels, prevent heart disease, and lower blood pressure.

In a recent study, researchers followed

118 people with high blood pressure for eight weeks. One group ate three kiwifruit a day. Another group ate one apple a day. Researchers found the kiwifruit group lowered their blood pressure by three points more than the apple group.

This fruit is a delicious snack. It's tasty in green salads, fruity salsa, smoothies, or used as an ice cream topping. Try the kiwifruit. You'll savor the sweet and sour taste, and enjoy thinking of your next vacation in paradise.

*American Heart Association
U.S. Department of Agriculture*



Healthy Habits for Your Family Start With You

Too many kids today watch hours of TV, eat junk food, and get little or no exercise. It's often because they're following the example of many adults. An estimated 33 percent of all kids in the United States are overweight or obese. A recent study suggests that 84 percent of obese children will remain obese as adults. It does not have to be that way. You can set a positive example for your kids and help them develop healthy habits that will last a lifetime.

Here's what you can do:

- **Lead by example** – Show the kids in your life what it means to be healthy, happy, and fit. Your good example is one of the most powerful ways to help them develop healthy habits.
- **Offer (healthy) food choices early** –

When your child graduates from bottles to baby food, introduce different pureed fruits, vegetables, and entrees. As they grow older, let them pick out a new fruit or vegetable at the store to try. Have them help you prepare it as part of a meal or snack.

- **Encourage physical activity** – When your kids are old enough, play tag or hide-and-seek with them. Also, encourage kids to enjoy active games during school recess. Get them involved in sports, hiking, or playing in the yard.

Every child deserves the chance to enjoy a healthy life. Your positive influence and good example will have a lasting benefit.

*American Academy of Pediatrics
KidsHealth.org*



Enjoy the Spice of Life



Many foods taste better with spices. Just thinking about dishes like baked salmon topped with garlic, fruit cobbler made with cinnamon and cloves, or chicken seasoned with curry and turmeric can make your mouth water.

The more spices the better! One study found using spices like turmeric, cumin, rosemary, oregano, and ginger are good for your heart. Food seasoned with spices can help lower triglycerides, or fat in the blood. A high level of triglycerides can increase your risk for heart disease.

In the study, people who ate meals seasoned with spices lowered their triglyceride levels by one-third, compared to those who ate the same meal without spices. Be generous with the spices you add to meals you prepare. (Note salt is not a spice.) Also, don't be afraid to order the spicy entrée or seasoned soup if you go out. You'll enjoy the taste and the spice of life.

Journal of Nutrition

Did You Know? Peppercorns date back to 4th century BC! For more than 4,000 years, humans have been using peppercorns to spice up their favorite food dishes!

Join the Avacado Fan Club

More than 108 million people tuned in to watch the Super Bowl recently, but football fans did a lot more than just watch the game and commercials. They gobbled up an estimated 158 million avocados.

The green-colored fruit has officially joined the ranks as a party "must-have." It's used in salsa and guacamole. Recipes abound for avocados in sandwiches, salads, and even fruit smoothies, ice cream, and pudding. Sliced, diced, mashed, or even pureed in a blender, avocados are so very good for you.

Avocados have the highest fiber content of any fruit. They also contain healthy fats and antioxidants that have been shown to promote heart health, aid in weight loss, regulate blood sugar levels, and reduce the risk for certain types of cancer. Research even shows the healthy fats in avocados can help reduce cholesterol levels and prevent

many chronic diseases. If you're looking for a way to liven up your menu, join the avocado fan club, Super Bowl Sunday not required. Add diced avocados to a salad. Use mashed avocado in place of mayonnaise on a sandwich or bagel. Or make your own guacamole, and enjoy.

Journal of Agricultural and Food Chemistry
California Avocado Commission



STAY HEALTHY TO BEAT COVID-19



**EAT A
HEALTHY DIET**



**AVOID
ALCOHOL**



**QUIT
TOBACCO**



**BE PHYSICALLY
ACTIVE**

Be Social!
Follow & like us
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Earlham College Athletics & Wellness Center



T: 765-983-1734

W: Earlham.edu/Wellness

For rental information, Group Fitness times, business hours, and more, please visit our website.

AWC Academic Hours

February 1, 2021 – May 14, 2021

Monday – Friday	7:00 AM – 10:00 PM
Saturday	10:00 AM – 6:00 PM
Sunday	1:00 PM – 10:00 PM

Weber Pool Academic Hours

Weber Pool is now open with limited hours this Spring semester. Please visit www.earlham.edu/weberpool for more information

**Check out our BeWell
page for information
and links
bit.ly/2TN8FIq**

Do you have any pictures of yourself in the Wellness Center participating in an activity?

If so, post it on our Facebook page
www.Facebook.com/EarlhamAWC



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