



**2010 Winter Warm-Up Update & News
Week #6—Feb. 27, 2010**

BRRR – challenging winter weather . . . ideal mall walking conditions! 125 walkers checked in at the Lansing Mall on Saturday morning. 89 submitted activity logs. Miles are added all week at the Satellite Groups. It was inspiring to see the **Gier Community Center Satellite Group** in action – these kids were working hard and having a blast! Ann Kostin-McGill and Milton Alston have designed a challenging obstacle course and added invigorating music to motivate this group . . . a brilliant idea to make physical fitness a fun, positive Experience, and foster active lifestyle habits! 37 youngsters are also part of Team Lansing, competing in the Blues Community Challenge to make our community a healthy and active place to live!



“**Bed and Breakfast**” was the theme of the day:

Dr. Jennifer Ely, a sleep specialist, presented “Sleep, It’s More Important Than You Think”. Dr. Ely emphasized how important healthy sleep habits are for overall health and fitness. Many in the crowd were surprised to learn the amount of sleep required for healthy living, and that statistics reveal an increasing trend of inadequate sleep among all age groups. She had a slide presentation on “how much sleep do you really need?”

How Much Sleep Do You Really Need?	
Age	Sleep Needs
Newborns (1-2 months)	10.5-18 hours
Infants (3-11 months)	9-12 hours during night and 30-minute to two-hour naps, one to four times a day
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-aged Children (5-12 years)	10-11 hours
Teens (11-17)	8.5-9.25 hours
Adults	7-9 hours
Older Adults	7-9 hours

The risks associated with inadequate sleep include the following:

- Increased risk of motor vehicle accidents
- Increased Body Mass Index (BMI) – a greater likelihood of obesity as appetite is increased by sleep deprivation
- Increased risk of diabetes and heart problems
- Increased risk for psychiatric conditions, including depression and substance abuse
- Decreased ability to pay attention, react to signals and retain new Information



Dr Ely provided a handout with practices that support good sleep hygiene, and a resource for free wellness booklets.

TABLE 1 Practices conducive to good sleep

- Try to sleep only when you are drowsy.
- If you are unable to fall asleep or stay asleep, leave your bedroom and engage in a quiet activity elsewhere. Do not permit yourself to fall asleep outside the bedroom. Return to bed when—and only when—you are sleepy. Repeat this process as often as necessary throughout the night.
- Maintain a regular arise time, even on days off work and on weekends.
- Use your bedroom only for sleep, sickness and sex.
- Avoid napping during the daytime. If daytime sleepiness becomes overwhelming, limit nap time to a single nap of less than 1 hour, no later than 3 p.m.
- Distract your mind. Lying in bed unable to sleep and frustrated needs to be avoided. Try reading or watching VCR or listening to books on tape. It may be necessary to go into another room to do these.
- Avoid caffeine within four to six hours of bedtime.
- Avoid the use of nicotine close to bedtime or during the night.
- Do not drink alcoholic beverages within four to six hours of bedtime.
- While a light snack before bedtime can help promote sound sleep, avoid large meals.
- Avoid strenuous exercise within 6 hours of bedtime.
- Minimize light, noise, and extremes in temperature in the bedroom.

Wellness booklets available through the
AMERICAN ACADEMY OF SLEEP MEDICINE

Circadian Rhythms
Coping with Shift Work
Insomnia
"My Child Can't Sleep"
"My Child Snores"
Narcolepsy
Obstructive Sleep Apnea and Snoring
Overnight Sleep Studies
Parasomnias
Positive Airway Pressure Therapy for Sleep Apnea
Restless Legs Syndrome & Periodic Limb Movement Disorder
Sleep and Depression
Sleep and Health
Sleep as We Grow Older
Sleep Hygiene
Sleep in Women
Treatment Options for Obstructive Sleep Apnea Syndrome

The AMERICAN ACADEMY OF SLEEP MEDICINE (AASM) is proud to provide these wellness booklets about sleep habits and sleep disorders to the public.

Please send one business-size self-addressed stamped envelope *per booklet* to the AASM, along with a request specifying which booklet you would like to receive.



AMERICAN ACADEMY OF SLEEP MEDICINE
One Westbrook Corporate Center,
Suite 920
Westchester, IL 60154

Most wellness booklets include reading lists for additional information.

Other resources

The national sleep foundation

www.sleepfoundation.org

“Why Is Breakfast So Important” was presented by Jessica Taranto, Registered Dietitian.

Breakfast is the most important meal of the day! Making wise choices positively impacts our health!

*Breakfast eaters tend to have better nutrient intakes.

*Breakfast contributes less than 20% calories while delivering more than 30% of calcium, iron and B vitamins.

*People who eat breakfast tend to consume less fat, less cholesterol and more fiber.

*Nutrients missed at breakfast namely calcium, fiber, iron and certain vitamins and minerals are rarely made up during the day.

*Kids who eat breakfast tend to perform better in school and have fewer disciplinary problems.

Source: www.bellinstitute.com—See *LIVE WELL* attached document for more information.



2010 Winter Warm-Up with the Blues Community Challenge

Update: Shelley DuFort from Blue Cross Blue Shield of Michigan reported that we are a little more than halfway through the Blues Community Challenge!

Although the front-runners remain the same, currently the 4th and 5th place communities are closing the gap and ramping up their efforts! The race is on!!!

As of 9:00 am on Thursday, February 25th **940 mid-Michigan residents have joined the Blues' Community Challenge, logging an incredible 42,92.43 miles since the kick-off on January 23rd!** To put this in perspective, this is the equivalent of running 1,600 marathons! (Marathons being a little over 26 miles each.)

The current leaders are:

1st Place - Charlotte

2nd Place – Delhi Township

3rd Place – East Lansing

Delta Township and Grand Ledge, currently in 4th and 5th place respectively – are right in the race and this is still any community's contest!

The Blues are offering grants totaling \$8,000 towards areas of public health and wellness in their area for the communities who recruit the most people, who log the most average miles of physical activity during the Challenge's duration. Just log onto www.bcbs.com/innovations/walking-works/ to track your physical activity and support your hometown team's efforts! The Winter Warm-Up with the Blues Challenge runs through March 27.

American Cancer Society's free and informative healthy lifestyle brochures were displayed. These materials will be available again this week.

The Virtual Walk and Game: Kathleen Miller from East Lansing Department of Parks, Recreation the Arts presented information on the array of trails/sports fields, fitness facilities and classes available in East Lansing. Kathleen assembled a variety of thought provoking questions to help us consider choices that can contribute to our fitness and good health.

1) *What are the benefits of strength training?*

Strength training is the fastest way to improve muscle strength and endurance. The increase in muscle strength and endurance allows a person to perform everyday tasks with less effort and for longer periods of time. Many changes in muscle tissue that are associated with age are caused by disuse. Simply forcing the muscles to work on a regular basis significantly improves their capacity to do work. Resistance training can also improve circulation, coordination, balance, bone and ligament strength.

Source: Women's Heart Foundation (WHF)

2) *I'm very busy, can I work out 10 minutes at a time?*

10 minutes at a time is fine. We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Source: Centers for Disease Control and Prevention

3) *Whole Foods or Supplements?*

Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases. For some people, fortified foods or supplements can be helpful in getting the nutrients their bodies need. A fortified food contains a nutrient in an amount greater than what is typically found in that food.

4) *Why do you need to sleep 7-8 hours every night? The Basics:*

You need plenty of sleep to stay healthy. Getting a good night's sleep can have many benefits.

- You will be less likely to get sick.
- You can boost your brain-power and your mood.
- You can think more clearly and do better in school and at work.
- You can make better decisions and avoid injuries. For example, sleepy drivers cause thousands of car crashes every year.
- You can lower your risk of high blood pressure, diabetes, and heart disease.

Source: Centers for Disease Control and Prevention Website

5) *What is the best way to prevent back pain? The Basics:*

The best way to prevent back pain is to keep your back muscles strong. Do back strengthening and stretching exercises at least 2 or 3 times a week. Protect your back by sitting and standing up straight. Avoid heavy lifting. If you do lift something heavy, bend your legs and keep your back straight. If you are overweight, losing weight can put less strain on your back.

Source: Centers for Disease Control and Prevention

6) *How can you manage stress? The Basics:*

Preventing and managing stress can help lower your risk of serious health problems like heart disease, high blood pressure, and depression. You can prevent or lessen stress by:

- Planning ahead
- Preparing for stressful events
- Some stress is hard to avoid. You can find ways to manage stress by:
- Noticing when you feel stressed
- Taking time to relax
- Getting active and eating healthy
- Talking to friends and family

Source: Centers for Disease Control and Prevention

Many Thanks to:

WILX TV and Lauren Evans for the great Winter Warm-Up and Blues Community Challenge coverage.

Dr. Jennifer Ely for raising awareness about the importance of sleep for our health.

Jessica Taranto, R.D. for the tips on how breakfast jumpstarts our metabolism and day.

Kathleen Miller for a thought provoking Virtual Walk Game!

Lansing Community College Student Nurse Association for 52 blood pressure checks!

Next Week: March 6 - "H2 – Oh!"

- **Heather Sanders, from the Barry-Eaton District Health Department** will talk about the need for proper hydration, especially when exercising. She will include information on sports drinks vs. water and monster caffeine drinks.
- **Jon Stanton, American Diabetes Association Step Out and Walk Ambassador** for Michigan and NW Ohio will present "Combating Type 2 Diabetes and the Diabetes Epidemic in America". Jon will focus on Type 2 Diabetes, risks, causes and prevention.
- **Virtual Walk: Michigan Trails and Greenways Alliance**
- **Blood Pressure Checks**

Submitted by Alicia Armstrong & Carol Twiss

Together we can help make mid-Michigan a healthy, active place to live!