

LIFESTYLE



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Timely Information for Personal Success

Five Tips for Better Sleep

By *Tim Lencki*

Exercise regularly. I'll bet you never guessed I would include this tip! But it actually works. Regular physical activity, especially aerobic exercise, can help you fall asleep faster and make your sleep more restful. However, if you are the type of person who gets energized by working out — it may be best not to do it in the evening. Studies show that morning exercise can help relieve insomnia.



Eat right and sleep tight. Try not to go to bed hungry, however avoid heavy meals prior to bedtime. Some foods can actually help you sleep better. Milk, for instance, contains tryptophan, which is a sleep-producing substance. Other foods include tuna, almonds, eggs, peaches, walnuts, potatoes, and bananas. You should also limit how much you drink before bedtime. Too much liquid can cause you to wake up repeatedly during the night for trips to the bathroom.

Go to bed, and get up at the same time each day. When you stick to a schedule, even on weekends, it helps reinforce your body's sleep-wake cycle. This can help you fall asleep better at night. **Make your bedroom quiet, dark, and comfortable.** Create a room that's ideal for sleeping.

Adjust the lighting, temperature, and noise level to your preference. For some people, even the slightest noise or light can disturb sleep — while others need to have a little bit of noise. (I'm one of them!) Use blackout curtains, earplugs, extra blankets, a fan, humidifier, or other device to create a sleeping environment that works for you. It's said that ideal room temperatures for sleeping are between 68 and 72 degrees Fahrenheit.

Develop a pre-sleep ritual. Do the same things each night to tell your body it's time to wind down. This may include taking a warm bath or shower, reading a book, or listening to soothing music. Try one or more of these activities with lowered light conditions, easing the transition between alertness and sleepiness. Rituals may be as short as 10 minutes or as long as one hour. ▾

Monitor Your Heart Rate for Better Results

By *Tim Lencki*

I'll bet you often wonder if you are working hard enough during an aerobic workout. Are you really doing enough to get results? The person on one side of you is barely breaking a sweat, while someone else looks like he just walked out of a pool.

But sweat is not the best indicator of exercise intensity! It's our heart rate that we need to look at! When you exercise, your heart beats faster to keep up with the body's demand for blood and oxygen — the more intense the activity, the faster your heart will beat. Therefore, monitoring your heart rate during an activity can be an excellent way to determine effectiveness. For a majority

continued on Page 2



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Healthy Recipe: Simply Sautéed Fruit

INGREDIENTS:

- 1 teaspoon butter
- 4 cups seasonal fruit, peeled and sliced (such as apples, peaches, pears, or blueberries)
- pinch of ground cinnamon (optional)

NUTRITIONAL INFORMATION:

- Calories per serving: 126
- Fat: 1 g.
- Protein: 1 g.
- Sodium: 12 mg.
- Carbohydrates: 32 g.
- Fiber: 5 g.
- Saturated fat: 1 g.

DIRECTIONS:

1. Melt the butter in a skillet over medium heat.
2. Add the sliced fruit and cinnamon.
3. Sauté until the fruit is soft. Serve with poultry, pork, or pancakes.

Serving size: about 1 cup.▼



LifestyleTIPS®

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Energize Your Life with a Pedometer

Q: What kind of pedometer should I get?

A: Pedometers come in many sizes, brands, and varieties. They may cost anywhere from \$5 to \$30 depending on how many “bells and whistles” it has. One that counts “steps” only will work just fine.

Q: How do I wear one?

A: Attach it to your pants or belt about half-way between your side and belly button. It should be inline with your knee. Make sure it's clipped firmly.

Q: How do I get started?

A: Start by wearing it each day for two weeks while maintaining your normal routine. Use a notebook to keep track of your steps at the end of each day. After two weeks, look at how many steps you take each day. Use the highest number as your step goal. Aim for that goal each day for the next two weeks. Be sure to log your steps in a notebook. At the end of this period, if you were successful, increase the number of steps for the next two-week period by 200 to 500 per day. Keep it up until you're able to do 10,000 steps a day.▼

Source: Tim Lencki

Monitor Your Heart Rate for Better Results

continued from Page 2

of people there is a heart-rate range you should achieve for optimal cardiovascular results and safety. To determine the best range for you, I've put together a chart. (See below.)

Your target heart-rate zone is the number of beats per minute your heart should be during exercise. For most healthy individuals, it should be in the 50% - 80% range of your maximum heart rate.

Beginners should shoot for the low end of this zone (50%) while those more fit can push toward the high end (80%). Just find your age on the top line of the chart below and go to the number that corresponds you should achieve during exercise. *Keep in mind this is an*

estimate for healthy people. If you are taking medications that alter your heart rate, you should consult your physician.

Find your pulse in your wrist or neck and count for 10 seconds, then multiply this number by six to give you an estimate of beats per minute. Remember, your estimated target heart-rate zone is just that -an estimate! If you feel like you are exercising too hard, you probably are. Reduce your intensity to a range that is comfortable for you.▼

Tim Lencki is a strength and conditioning specialist, and author of "Fitness One Day at a Time." Visit Tim's website at www.thefitnesseducator.com.

Target Heart Rates

Age	20	30	40	50	60	70
50%	100	95	90	85	80	75
80%	160	152	144	136	128	120