

# LIVING WELL

## APRIL NEWSLETTER

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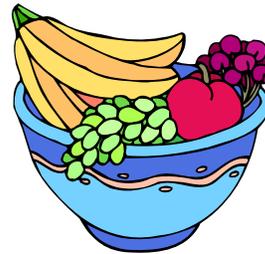
### The Benefits of Healthy Snacking by Tony Vu

In today's busy style of living, things like snacking can help us relieve stress in our hectic lives. The issue on snacking is that it can be beneficial or it can be detrimental to our health. Snacking can mean different things to different people. For example, some one may snack on a candy bar in between breakfast and lunch but others may snack on fruits or vegetables. Obviously the individual that is snacking on fruits is eating healthier than the one snacking on the candy bar.

The main goal of snacking is to curb your appetite until our next meal, so why are people eating

foods that don't satisfy their hunger? Foods that are high in carbohydrates (candy, bread, crackers, etc.) pass through our system relatively quickly and leave us feeling hungry later on. Foods that are balanced in carbohydrates, protein, and fats can help satisfy hunger. Snacks that are high in fiber and other nutrients can also help curb hunger throughout the day and keep us from eating too much. A healthy snack should be food that could help fill our nutritional needs without adding extra calories to our diet.

Some healthy snacks are fruits, vegetables, nuts, and yogurt. It is always important to regulate



how much you eat because with some foods like nuts, some may eat mindlessly and end up eating to many calories.

If you are trying to diet, make sure you eat enough! Remember that eating helps fuel the mind and body. Contrary to popular belief, eating healthy can be very enjoyable!

[www.webmd.com](http://www.webmd.com)

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### *April's Member of the Month!*

**Michael Truluck**

*Congratulations!  
Michael will receive a free month of membership!*

### SLEEPING TO BE HEALTHY BY JAMES ZARZA

Sleep is a necessary function for living. Sleep helps you to restore and rejuvenate many body functions. The first assistance

sleep provides for you is memory and learning. Secondly, sleep can increase your mood and your social interaction. Without adequate sleep, the immune sys-

tem becomes weak, and the body becomes more vulnerable to infection and disease. **Continued on page 2 Sleep and Health**



**LIVING WELL**



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**Tips to help you follow your exercise habits:**

- Schedule beforehand
- Improve gradually
- Find a workout partner
- Use exercise to relieve stress
- Record your fitness improvements
- Make exercise a part of your daily routine
- Make it fun!

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**Attention!**

*Spin class has been moved to the former stretch area of Living Well. We apologize for any inconvenience and hope to see you spinning!*

**Living Well** will be closed on Saturday, April 12th for the Orange and Blue game!

**Group Fitness Schedule**

<u>Day</u>	<u>Class</u>	<u>Location</u>
Tuesday	Toning: 5:30pm-6:15	Yon Hall Room 4
Wednesday	Spin: 12pm-12:45 Pilates: 5:30pm-6:15	(Yon Hall 12) Living Well Yon Hall Room 4
Thursday	Toning: 5:30pm-6:15	Yon Hall Room 4
Friday	Yoga: 5:30pm-6:15	Yon Hall Room 4



**Visit us at**  
<http://www.hhp.ufl.edu/places/livi/livi.php>

Don't forget to address any concerns or questions to the staff!  
We are happy to help!

# SLEEP AND HEATH

Finally, to grow and develop properly we need to sleep. Growth hormones are released during sleep, and sleep is vital to proper physical and mental development.



The recommendation that we need eight hours of sleep to function effectively during the day is not true for all. Many adults can't sleep eight hours a night, and attempts to do so leads to increased wakefulness in bed. The adult population

should plan to sleep 7 to 8 hours per day.

Even if you are getting *some* sleep every night, you may not be getting as many hours as you need. Being deprived of even just a few hours of sleep each night can create a **sleep debt**. A chronic sleep debt can have serious long-term effects, including immune system problems, metabolic changes that can lead to obesity, and hyperactivity.

To make up a short-term debt, give yourself a few extra

hours of sleep every night until you've made up for the sleep you've lost. For example, if you lost 5 hours, add an extra hour every night for 5 straight days. To make up a long-term debt, you may need to do a little more work. Sweet dreams!

Helpquick.org

