

Health and Wellness

Mandy Madill, Toronto, Ontario. Resource: May 2007, Weider Publications, LLC Reprinted with permission



Section 1 **Nutrition — A Whole** **New Way to Eat Healthy**

Shape magazine (May 2007, vol. 26 (9), pg. 210)

Prepare Your Vegetables — Partially cook vegetables the day you bring them home from the market.

Make Big Batches of Grains — Separately cook several kinds of whole grains and store in a tightly covered container in the refrigerator. At mealtimes, mix together and reheat in the microwave.

Stock Pantry with Protein — Pick up various types of canned beans so you can

add a quick protein and fiber boost to grains, pastas, and soups. Nuts are also high in protein and heart-healthy monosaturated fats.

Section 2 **Health Mission — Get More Sleep**

Shape magazine (March 2007, vol. 26 (7), pg. 100-102)

Keep Off Those Extra Pounds — Tired people eat more. “Sleep deprivation increases hunger by altering levels of leptin and ghrelin, hormones that regulate

appetite.” Another theory is that, the more hours you are awake, the more you will eat.

Improving Memory — During sleep is when

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your mind processes everything that it has learned that day. Sleep helps us keep our reflexes sharp.

Reducing Risk of Diabetes — Too little sleep throws your hormones out of whack. “Stress hormones like cortisol and adrenaline — which increase when you’re sleep-deprived — reduce the effectiveness of insulin, the hormone that regulates blood glucose.”

Protect Your Heart — When you do not sleep, your body loses the opportunity to slow itself down. Your heart works harder for a larger portion of the day, which causes blood pressure to increase over time.

Look Younger — As you begin to feel tired, your body prepares itself for rest by lowering blood pressure and pulse rate. This means less blood flows to your skin, which can take a toll on radiance.

Getting Rid of the Sniffles — Lack of sleep makes you more prone to infection. Your body requires sleep to fight off invading germs.

Be a Safer Driver — Being sleepy at the wheel slows your reaction time as much as alcohol does.

Section 3 Protecting Yourself from the Sun

Shape magazine c(May 2007, vol. 26 (9), pg 108)

Watch the Clock — UV rays are the strongest between 10 a.m. and 4 p.m. If you are going to be outside during between these times, try and stay in the shade.

Wear a Hat — a wide-brimmed hat will protect your face, ears, neck, and scalp.

Try UPF Clothing — It is treated with a special coating to help absorb both UVA and UVB rays. **TIP** — Hold the fabric near a lamp; the less light that shines through the better.

Sunglasses — Buy a pair of sunglasses that are clearly labeled to block at least 90 percent of UV rays.

Get Moving — Exercise strengthens the immune system and will help your body defend against disease.



Mandy is a member of the Wellness Committee at THQ, Toronto, Ontario. The committee's mission is to enhance the health and well-being of officers and employees at The Salvation Army Territorial Headquarters in The Canada and Bermuda Territory through promoting and encouraging a healthy lifestyle.