

HEALTHY LIFESTYLES *Health Hub*

PHYSICAL WELLNESS: HOW TO MOVE IT

Wellness embodies so many facets of our lives, but the most dreaded topic is often physical wellness.

We live in a world where diet culture and physical activity have taken over social media, assaulting us with products that promise perfect bodies. We are bombarded with confusing messages about what we should and should not eat, how often we should exercise and what kind of exercise we should do.

It is no wonder that we are often overwhelmed when we think about physical wellness. So, today, we are simplifying physical wellness into three simple ideas:

1. The best kind of exercise is the kind you do.
2. The best meal plan is the sustainable one.
3. The best way to meet your goals is to get enough sleep.





PHYSICAL ACTIVITY



What is physical activity?

Oxford Dictionary defines exercise and physical activity as "activity requiring physical effort, carried out to sustain or improve health and fitness."

This consists of any physical activity that gets our bodies moving, our blood pumping, and our heart rate up.

What is its purpose?

Physical activity has a host of benefits including:

- increase in muscle strength and endurance
- increase in cardiovascular health
- lower HDL and blood sugar
- increase in bone density
- improved mood
- boost in energy
- better sleep

How much do I need?

The Department of Health and Human Services recommends that adults complete at least 150 minutes of moderate to vigorous aerobic physical activity a week. They also recommend at least 2 days of strength training, where the individual works every major muscle group.

What is the best form of physical activity?

The kind that you do!

When you start your fitness journey, any and all movement counts. The important thing is that you commit to doing something that you can and will do consistently. This could be walking, hiking, biking, yoga, home fitness programs, gym classes, and so much more. At Salt Lake County, we try to make your life easier by including discounted recreation center passes! Healthy Lifestyles has also partnered with the University of Utah to offer personal training sessions. Space is extremely limited, so please reach out to us at myhealthylifestyles@slco.org if you are interested!

THE BEST MEAL PLAN IS THE SUSTAINABLE ONE

There are many diets out there: paleo, keto, low-carb, intermittent fasting, and more. But the common factor in all these diets is that the people participating in them want to fuel their bodies in ways that achieve their personal goals. Here at Healthy Lifestyles, we don't promote one diet over the other. Instead we fight for healthy and sustainable diets. As humans, we have this fierce desire to "fit-the mold," but how we look is far less important than fueling our bodies with proper nutrition so we can function properly. The U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) recommends the following for the average adult eating a 2000 calorie diet: 2.5 cups of vegetables, 2 cups of fruit, 3 cups of dairy, 6 ounces of grains and 5.5 ounces of protein. Everyone is different, so listed below are a couple workshops, a cookbook, and a podcast to help you decide the sustainable way for you to fuel your body.



Juliana Betker, a registered dietician with St. Mark's Hospital Weight Treatment Center, provides education on what nutrition for a healthy heart looks like and the many benefits that our bodies reap from proper nutrition.



Josie Iroz, RN, gives tips to getting nutrition, satisfying cravings, and building healthy eating habits.



Elizabeth Hanna, NP from St. Mark's Hospital, spills the truth on why your diet is not working.



This cookbook is a compilation of healthy and sustainable recipes with fresh, clean, and common ingredients that combine to make wholesome and healthy meals.



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Registered dietician Megan Steinbach, takes a break from her role at St. Mark's to discuss Mindful & Intuitive Eating with Healthy Lifestyles coordinators.

SLEEP

Sleep: one of the most time consuming things we do, but also one of the most important. While we know the average adult need's' 7-9 hours of sleep for proper daily function, Harvard Health has also reported:

"When you're asleep, a waste clearance system in the body known as the glymphatic system runs what is essentially a rinse cycle in the brain, using cerebrospinal fluid . . . Experts believe that this fluid flows more freely through the brain when it is at rest during the night. During this time, it washes away a harmful protein known as beta-amyloid. When this process doesn't occur, scientists believe that beta-amyloid can build up, forming the plaques that are characteristic of Alzheimer's disease."

Beyond potential risk of Alzheimer's, lack of sleep has also been linked to weight gain, Type II diabetes, heart disease, strokes, and other health conditions.



Rich Shoenfeld from Lone Peak Hospital shares with listeners [How to Get a Good Night Sleep](#) whether you are working a graveyard shift, experiencing nightmares, or just stressed



Because sleep can be evasive, here are a few tips to help you get the sleep you need:

1. Keep to a schedule. Go to sleep and wake up at the same time everyday to allow hormone regulation.
2. Avoid nighttime caffeine and alcohol. Caffeine keeps you from falling asleep and alcohol affects your quality of sleep.
3. Turn off the electronics. Give yourself at least 1 hour of screen-free time before bed, so your brain can naturally cue your body for sleep.
4. Daily exercise. Exercise, preferably in the morning, leads to better, more restful sleep.
5. Environment matters. In this work-from-home era, we should separate our work from our restful state. Try to go to sleep in a room that is meant for relaxation and is free from distractions of work or home stressors.