



Words of Wellness

May 2013

A part of the NCAH Employee Wellness



Wellness Works

Wellness Works is a student-led outreach group affiliated with the Kinesiology Department and the Nutrition and Wellness Research Center at Iowa State University. Student interns staff the fitness center, working with the Work Life Wellness team, and are available to answer questions you may have about exercise, fitness, and wellness. The current student leader is Tianna Allen.

You may come and visit her Wednesday from 12:20-2:20 in room 1071 right outside of the fitness center or email her with your questions at:

tsallen@iastate.edu

Exercise for the Sake of Your Sleep

If you have trouble sleeping, and are not physically active, exercise may just be your cure. According to the National Sleep Foundation, as small of an increase as 10 minutes in physical activity may improve your sleep. It doesn't even matter what time of the day that you do it at according to the 2013 Sleep in America poll. This poll also showed that vigorous exercise tended to correlate with the best sleep. Vigorous exercise included such activities as running, cycling, or playing a competitive sport.



In terms of optimizing your sleep ACSM recommends a morning workout. In a recent study in which exercisers worked out at 7am, 1pm or 7pm, the best sleep quality (as measured by a sleep monitoring headband) was found in the group exercising at 7am. However, the size of this study population was relatively small and still needs to be validated with a larger sample size. Regardless of the time, exercising for as little as 10 minutes may improve sleep.

Think of all the time you could save by falling asleep right away. If you have to go to bed half hour early just to fall asleep, maybe you could save yourself the trouble by spending 10 minutes exercising. Or maybe you are sick of waking up and spending countless hours trying to fall asleep again? Exercise may help with this too. Imagine how it might feel to wake up refreshed from experiencing 75% more time in deep sleep as the ACSM exercisers did. It almost sounds too good to be true! Perhaps there is something worth giving a try in this magic bullet called exercise.

Spring, the Perfect Time to Start a Garden



Learn How to Garden:

Where: Reiman Gardens

When: May 17th, 10am

Cost: \$6

For more info visit:
<http://tinyurl.com/rgarden>

Gardening can have significant benefits to your health. The National Institute of Medicine even recommends gardening for 30-45 minutes 3-5 days a week to keep obesity at bay. This casual activity can be an excellent alternative for those who would rather stay out of the gym. With the constant work, reaching, and lifting gardening can help your body receive all of the cardio, flexibility, and strength work it needs to stay healthy. In addition, instead of simply exercising for the sake of exercise, gardening can help you have an active goal to work towards such as: producing some lovely flowers, fruit, or vegetables. People who grow their own fruits and vegetables are more likely to eat them; just think of the nutritional benefits! If you have a child that refuses to eat their fruits or veggies, gardening might be just the ticket to get them eating.



Outside of the typical benefits of exercise, gardening may offer some additional mental benefits. In a depression study in Norway, depression symptoms were alleviated through the use of gardening. One reason this might be occurring is a common bacteria found in soil actually causes a small release of serotonin, an anti-depression hormone naturally found in us humans. In addition to research many stroke survivors and wounded warriors also report gardening as being useful in their rehabilitation processes. With gardening, there may just be some benefit for all of us.



Recipe Corner

Beet and Arugula Salad

From:
www.prevention.com

Ingredients

- ◆ 3 Medium Beets
- ◆ 3 Tbsp olive oil
- ◆ 1 Tbsp red wine vinegar
- ◆ 3 Tbsp unsalted sunflower seeds, toasted
- ◆ 6 c arugula leaves
- ◆ 2 oz goat cheese, crumbled

Directions

1. Heat oven to 400°F, trim beet stems to 1 inch, and wash beets taking care to leave skin intact
2. Put beets on foil and fold into airtight packet. Bake beets until tender (about 1 hour). After beets are cooked, cut into 1/2" cubes. Cover and chill until ready to make salad.
3. Wisk together oil, vinegar, seeds, salt, and ground pepper into bowl. Add arugula, toss salad and portion out salad onto plates. Garnish with beets and cheese.