

HEALTHY LIFESTYLES

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Doc Says.....

*"This month, BURY
an old habit"*



What Does Sleep Have To Do With It?

Are you getting enough sleep? Most people automatically think 'diet and exercise' when they consider weight loss. While both are vitally important to healthy weight loss and healthy living, there are other factors to consider.

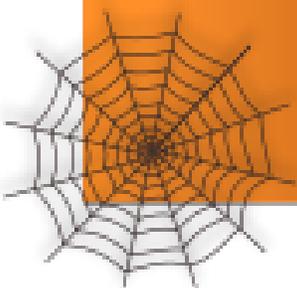
New studies by researchers at Laval University, Quebec, reveal just how big of an effect sleep has on weight. In two separate studies done on obese adults, both with restricted diet but varying amounts of sleep, those who slept longer also lost more weight. New studies also provide evidence that insufficient sleep enhances processes in the brain increasing the drive to consume food, which means insufficient sleep results in increased eating.

Not only does insufficient sleep make us want to eat more, it also makes our bodies hold on to those increased calories. "When you don't get enough sleep, your body experiences physiological stress and, biochemically, you store fat more efficiently," according to Michelle May, MD, author of *Am I Hungry: What to Do When Diets Don't Work*.

There are many more studies linking sleep and weight loss, but face it – the body just functions better when it is well rested. When we don't get enough sleep, we don't handle stress as well, we eat, then we stress more, then we don't sleep as well, so we eat, then stress more... starting to sound like a cycle?

Bottom line – want to lose weight? Look at your own habits and make sure you are getting enough sleep.

Did you know? There is no "magic number" for how much sleep you need. The amount of sleep needed each night is individual.





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KEEP IT SIMPLE RECIPIES

Vegetables for breakfast?!?! Heck ya! Try this!

Screaming Good Breakfast

Beware: If you are one who follows directions explicitly and needs to measure everything – this recipe may cause stress!

Ingredients: Note – ALL ingredients are OPTIONAL, and amounts determined by the cook, dependent on individual taste.

Grated Zucchini	Diced tomatoes	Baby Spinach
Diced Red Bell Pepper	Chopped Mushrooms	Eggs
Shredded Cheese	Salt and Pepper	Milk

Directions: Beat eggs (for less fat, throw half or all of the yolks away) with a little milk and salt and pepper. Set aside. Spray frying pan with pan spray and stir fry peppers and zucchini until translucent. Add mushrooms and spinach. Stir fry for a couple of minutes. Add eggs, stirring constantly while scraping the bottom of the pan. When eggs are almost done, add tomatoes. Cook just long enough for tomatoes to warm. Top with cheese (take it easy here).

ENJOY!

BOOWARE THE SUGAR MONSTER!

How to Keep All That Halloween Candy From Attacking You.

- *For Trick or Treaters - Buy stuff you don't particularly like.
- *Stay out of the Halloween candy aisles in the store.
- *When the end of trick-or-treating is near – hand out fistfuls of candy.
- *When Trick or Treating is over, throw away any candy you have left over! It is better that it goes to waste than to your waist (or hips)!



Exercise Tips

Remember – Strength training is not just for muscles! Strength training- also known as Resistance Training – makes your bones strong. So be nice to your skeleton and add resistance training to your routine! No, you don't need to purchase a weight set. Try this: use soup cans, water bottles, Halloween baskets, anything you can fit in one hand and comfortably lift. There are many variations to bicep curls. Here is how to do basic effective curls. Try this while you are watching that scary Halloween movie!

Stand with a weight in each hand held, arms at your side. The elbows should be close to the torso and the palms of your hand should be facing your thighs. While holding the upper arm stationary, bend your right elbow as you rotate the palm of your hand so it faces up and toward your shoulder. Breathe out as you contract your bicep and curl the weight to shoulder level. Hold the contracted position for a second as you squeeze the bicep. Slowly begin to bring the dumbbell back to the starting position as you breathe in. Repeat the movement with the left hand. This equals one repetition.

