

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

WEEK 4

Holiday Challenge Guidelines

The overall goal is for participants to *maintain* their current weight for the last 7 weeks of the year. As a participant, you will:

- Weigh yourself each week.
- Track what you eat and drink.
- Track your activity.
- Make a plan.



You are halfway there!

Take a minute to check in with yourself. How are things going? What tools and tips are working for you? As you work toward your goals, you may experience plateaus or setbacks. Remember to make good decisions, not perfect ones.

WEEK #4 CHALLENGE:

Focus on Good Sleep

Sleep is essential for overall wellness. It plays an overlooked — and too often negotiable — role in maintaining physical and mental health. Our bodies have primary drives including the need for food, water, and sleep. Our drive to sleep supersedes our drive to eat. This means that your body will eventually force you to fall asleep, but not to eat. Have you ever fallen asleep at an inopportune time? That is your body's drive to sleep taking over.

During the holidays, the whole family's routine can change and that can throw off your sleep schedule whether you are at home or away. This week we challenge you to focus on being your most rested self.

During sleep, the body engages in many complex functions associated with memory, learning ability, brain development and cleaning, appetite, immune function, and aging. A consistent lack of sleep negatively impacts almost every part of your body. Poor sleep impacts our ability to achieve and maintain a healthy weight.

Sleep deprivation raises the hormone ghrelin which makes us hungry and decreases the hormone leptin which makes us feel full. This will make you hungry and less satiated, increasing your risk of overeating. Chronic sleep deprivation is linked to weight gain and impaired blood sugar control—both increase your risk of type 2 diabetes.

Adults 18 to 64 need 7 to 9 hours of sleep and those over 65 need 7 to 8 hours. If you are reading this email, we assume you fall into the 7 to 9-hour range. Your sleep needs will change over your lifespan, but they also vary from person to person. Keep this in mind when setting your personal sleep goal based on the guidelines.

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