LIFESTYLE TIPS

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Timely Information for Personal Success

Recharge YOUR Battery and Feel Better

By Tim Lencki

How many of you reading this article has a cell phone? My guess would be most of you. Chances are you probably have to charge it every night before going to bed. When you wake up in the morning it's fully charged and you're ready to text, talk, browse the Internet, etc. If you forget to charge it overnight, then your battery runs out of juice partially into your day.

What is the Adrenal Gland?

Similarly, everyone has an Adrenal gland that is kind of like the battery in your cell phone. The Adrenal gland produces hormones that help control heart rate, blood pressure and how the body uses food for energy. The way it gets charged is by sleeping. If you begin your day rested, your body works more efficiently. If sleep is neglected, your body will function at a lower level – just like your cell phone when it is not adequately charged.

You are What You Metabolize!

One thing that is important to remember is that you are what you metabolize. Lack of sleep prevents you from metabolizing the nutrients you consume throughout your day. When you don't metabolize your nutrients well, your body doesn't function as it should. On top of that, lack of sleep can also slow your ability to burn fat.

Getting Enough Sleep

That begin said, it's important that you do everything possible to get an adequate amount of sleep each night. Here are some tips for charging up your body:

1. **Create a dark environment** – Less light triggers *increased* Melatonin release (your sleep hormone), which allows your body to enter into a deeper sleep.
2. **Create a quiet environment** – Noisy environments have been shown to interrupt sleep cycles.
3. **Sleep on a consistent schedule** – Create a schedule that allows each day to be similar in terms of wake time and bedtime.
4. **Prepare you mind for sleep** – It's important to "set the mood" for sleep. An hour before bedtime, try taking a bath, reading a favorite book, or listening to relaxing music.

Use these tips to ensure your battery is fully charged each morning. Sweet dreams.

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Healthy Recipe: Turkey Panini

INGREDIENTS:

- 2 slices Italian bread
- 1 teaspoon olive oil
- 4 thin slices, peeled and cored apple
- 4 sprigs watercress, large stems removed
- 1 slice Asiago cheese
- 2 slices (about 2 ounces) cooked turkey
- 1 tablespoon cranberry sauce

NUTRITIONAL VALUE:

- Calories per serving: 388
- Carbohydrates: 39 g
- Protein: 27 g
- Fiber: 2 g
- Fat: 14 g
- Saturated fat: 5 g

DIRECTIONS:

❶ Brush one side of each piece of bread with olive oil and lay the bread oil-side down on the work surface.

❷ Place the turkey, cheese, apple slices and cranberry sauce on top of one of the slices of the bread. Place the second slice of bread on top, oil-side up.

❸ Heat a grill pan over medium heat. Grill the sandwich on each side until golden brown, about 3 to 4 minutes per side.

❹ Transfer the sandwich to the work surface, lift one piece of bread and arrange the watercress inside, then replace the bread. Slice the sandwich in half and serve.

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Questions and Answers

Diet Soda: Good or Bad?

Q: *Can your diet soda be doing more harm than good?*

A: Yes. Research suggests that artificial-sweetener consumption can cause weight gain. The possible cause of this is that the artificial sweetener actually increases sugar cravings. The theory is that our bodies sense the sweetness of the food and expect calories. So when you consume the sweetener without the calories, your body continues to crave the calories and you end up eating more later on.

Another possibility is the impact that high amounts of sweets have on how much we need to feel satisfied. Sweeteners are much sweeter than sugar. Repeated exposure to flavor trains our flavor preferences. Think about when you cut back on salt for fatty foods and how over the course of time, your craving for them diminishes. When you cut back on sugar and replace it with artificial sweetener, you never really get the chance to get used to consuming less of the taste. Therefore, you find other ways to satisfy your sweet tooth.

The solution is to limit sweetener intake in general. When you do need a little sweet fix, choose natural sweeteners such as stevia or unprocessed honey.

– Tim Lencki

Jump Start Your Weight Loss

Weight loss is very important for many people in the United States. Look no further than this statistic, which shows that nearly 67% of our population is overweight and you can see why.

Permanent weight loss starts with your decision to live a healthy lifestyle. Here are two ways to make that happen.

1. **Find help when you want to get active** – It is important to have people in your life that you can lean on when you need motivation to keep going. Talk to a friend, family member or co-worker to be your go-to buddy when you feel discouraged or want to miss a workout. Consider joining a group fitness class with some supporters. Classes can be fun, exciting and provide a social network you will look forward to. Also, look into hiring a personal trainer that can design an exercise program tailored to your schedule and fitness level.

2. **Be smart with your nutritional choices** – The important concept to remember is that you need to eat regularly throughout the day – preferably every 3-4 hours. These meals should be a balance of protein, carbs and fats. When you are able to eat balanced meals at the proper time intervals with the appropriate number of calories, it stabilizes your blood sugar. Stable blood sugar levels throughout the day will allow you to break down body fat all day long, increase metabolism, reduce sugar cravings and increase your energy levels.

– Tim Lencki