



# Good Clean living

## NACS Employee Wellness

PARKVIEW  
HEALTH

March 2015

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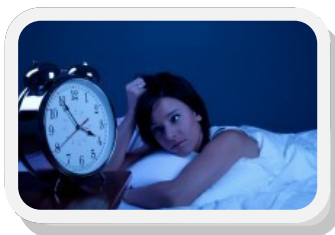
## Rx for a Good Night's Sleep: Exercise

Did you know that a whopping fifty percent of middle-aged and older Americans have trouble falling asleep and staying asleep? Insomnia is something that impacts about twenty-five percent of the entire population. That's a lot of people not getting enough shut eye. According to a study out of Feinberg School of Medicine at Northwestern University, the answer for many of these people is engaging in aerobic exercise.

The study followed a group of twenty-three sedentary adults who had trouble sleeping and had been diagnosed as having insomnia. Most in the group were women, as women are more likely than their male counterparts to suffer from insomnia.

The people in the study followed one of two exercise plans; one group took part in aerobic exercise for twenty minute sessions, four times per week. The other group engaged in one- thirty

to forty minute aerobic exercise program also four times per week. Both groups did this for sixteen weeks. Exercises included walking, treadmill or the stationary bike. The re-



sults were impressive. Phyllis Zee, M.D., who is the director of the Sleep Disorders Center at Northwestern Memorial Hospital said that exercise so improved the sleep of the participants they moved themselves from the classification of poor sleepers to that of good sleepers.

But that's not all. According to Zee they also saw recognizable improvements in depression and daytime alertness. Zee says that sleep should be considered a person's

fifth vital sign as it's so significant to their overall health. Good sleepers tend to be healthier and happier.

And the opposite of that is true too. With poor sleepers, there are not only more health issues but also more car accidents and mistakes at work according to Dr. David Davila of the National Sleep Institute.

And let's not forget that exercise has also been shown to help smokers quit (according to a study in the Archives of Internal Medicine) and maintain a great figure. Often when we look good, we feel good and vice versa.

If you're suffering from insomnia, rather than a bottle of over the counter or prescription pills like many Americans opt for, consider adding exercise to your life. Too often we have a 'magic pill' mentality. Exercise might take longer than popping a pill, but will take care of the root of the problem.

Source: <http://draxe.com/rx-for-a-good-nights-sleep-exercise/>

# NACS EMPLOYEE WELLNESS

## COME SWEAT WITH US

Join us for a **Free Pilates** class offered to all **NACS Employees in April**

**When:** April 6th, April 13th, April 20th, April 27th

**Time:** 4:15—5:00 p.m.

**Location:** Eel River Elementary School's Gymnasium - enter the building through doors 11 & 12.

**All you need to bring is a mat & water!!!!**



The Fort4Fitness Spring Cycle is a family-friendly day of riding bikes in downtown Fort Wayne, and a great way to get out, be active, and celebrate National Bike Month in May! The Spring Cycle is a proud part of the Kickstart Festival in downtown Fort Wayne, and it will feature four tour distances to accommodate everyone from the beginner to the advanced cyclist, a Spring Expo, and plenty of kid-friendly activities with our Kickstart4Kids event. You can register at:

<http://www.fort4fitness.org/spring-cycle.asp>

**Registration is Now Open!**

## 2015 NACS Biggest, Healthiest Loser Challenge Results

Congratulations and thank you to everyone who participated in our 8 week Biggest, Healthiest Loser Challenge!! Winners were determined by **total points earned**.

**Winner**  
433.72 **total points**  
16.4 lbs., 8.61% loss

**2nd Place**  
413.28 **total points**  
17.5 lbs., 6.89% loss

**3rd Place**  
385.06 **total points**  
12 lbs. 6.03% loss

The 19 participants who submitted a start/end weight lost an average of 8.2 lbs. during the eight week challenge. Awesome job!! They were able to lose this weight during the darkest, coldest part of the year. Don't be discouraged if you wanted to see the average weight loss number higher. It's about making healthy choices -NOT only about the number on the scale!!

We collected a total of 103 canned goods. All canned goods will be given to the NACS CANstruction Project.

Congratulations to each of our winners, and thank you to everyone who participated.



### Berry Apple Sauce

**3 cups of diced apples (cored)**

**2 cups of frozen dark sweet cherries**

**1 teaspoon of ground cinnamon**

Combine all ingredients in a medium saucepan and cook on a gentle simmer. Cover and cook on low heat for approximately 25 minutes. Apples should be tender, mash with a potato masher or puree if desired. Cherries are high in potent cancer fighting antioxidants!

**"It's not how much we have, but how much we enjoy, that makes happiness."**

**~ Charles Spurgeon**