

# Health Promotion

WEEK OF 05.11.20

Nutrition | Physical Activity | Sleep | Tobacco-Free

## Nutrition

### May is Notorious for Tea

Tea is considered a health elixir and has longevity in many ancient cultures.

- Can dramatically reduce hunger pangs by lowering ghrelin levels (your hunger hormone)
- The polyphenols found in tea can also support gut health, skin, energy, mental clarity, etc.

**Operation Supplement Safety** – Information on supplement use.

Read more on [page 2](#).

## Physical Activity

### TASKS to achieve Challenge 1:

- [Create new habits](#) to help you lose weight.
- [Track your habits](#) so you can tailor your weight-loss goals.
- Use this worksheet to [set your SMART goals](#) for weight loss.
- Learn a few tips to help [build your motivation to lose weight](#).

Read more on [page 3](#).

## Sleep

### Even With Good Habits I Still Cannot Sleep

- Thinking about **things** to be **done tomorrow**
- Thinking about **things** that **happened during the day**
- **Emotionally** upsetting **conversations**

Read more on [page 4](#).

## Tobacco-Free Living

### Identify Your Smoking Triggers

One of the best things you can do to help yourself quit is to identify the things that make you want to smoke, including specific situation, activities, feelings and people.

Read more on [page 5](#).

**YOU CAN QUIT<sup>2</sup>**

Feature of the Week

### TIP | Nutrition

Your performance nutrition plan should consist of approximately

**55-70% Carbohydrate | 12-15% Protein | 20-25% Fat | Water**

### Video | **Monterey Bay Aquarium Live Animal Cams**

<https://www.montereybayaquarium.org/animals/live-cams> | 5-15 min

### BOD POD | Metabolic Testing | VO2 Max Testing

<https://dmhp4scheduling.as.me/>

**Appointments available starting 11 May 2020!**



**Health Promotion Team | 520.228.2294**

Laura Diamond, Clinical Registered Dietitian  
Sam Leyh, Performance Nutrition Dietitian  
Lana Fred, Health Promotion Coordinator

Health Promotion fosters a culture and environment that values health and wellness; empowers individuals and organizations to lead healthy lives; and improves the health, mission readiness and productivity of the military community.

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## 2 NUTRITION

### May is Notorious for Tea

No, that's not a Margarita or an Old Fashioned. It's iced tea! With the hot summer months approaching, it's a good idea to break the barriers of a traditional go-to drink for hydration.



**Water is a GREAT option**, but sometimes it does get a bit boring.

**Try to drink at least ½ your weight in ounces of fluid each day. That is a bare minimum**, more if working outside or doing strenuous exercises.

Tea can be an awesome ritual that can have benefits in boosting the body's metabolism, enhancing outcomes of a fast and may even improve the body's ability to fight disease. Tea is considered a health elixir and has longevity in many ancient cultures. We love using tea as a way to prolong intermittent fasting or to close off eating window after a meal. Here are just a few of its many benefits:



Can dramatically **reduce hunger pangs** by lowering ghrelin levels (your hunger hormone)



Drinking tea can **enhance** the **rate of autophagy** or **cellular repair** that is seen in intermittent fasting



Boosts detoxification due to high levels of polyphenols. The **polyphenols** found in tea can **support gut health, skin, energy, mental clarity, immune health, and stress reduction**

**OPERATION SUPPLEMENT SAFETY | OPSS.ORG**

Featured resources on OPSS.org:

- Prohibited List
- Check Your Supplement
- A-Z Index
- Report Side Effects
- Quick Facts
- Ask the Expert

**OPERATION SUPPLEMENT SAFETY | OPSS.ORG**



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## 3 PHYSICAL ACTIVITY

### CHALLENGE 1: Assess your habits

Your first challenge is to assess your current health habits as they relate to sleep, stress, exercise, and diet. **The rest of the challenges can be completed in any order, but it's important to start with this one.** First identify your strengths and areas for improvement and then set a solid goal.

The first part of Challenge 1 is to **record your habits for a week**. Use the habits tracking sheet in the Tasks section below to **record 4 things every day for one week**:

- How many **hours of sleep** did you get last night? (Shoot for 7–8 hours.)
- How much **exercise or physical activity** did you get today? (Aim for 30+ minutes of moderate exercise.)
- How many **fruits and vegetables** did you eat today? (Aim for 4–5 servings each day.)
- How would you describe your **mood today**?

Rather than just saying “I want to lose weight,” SMART goals help you map out how you’ll get there. A SMART goal might sound like...



**“I will lose 15 pounds in the next 12 weeks by starting to implement healthier choices, because I need to pass my PT test.”**

### **TASKS to achieve Challenge 1:**

- Create new habits to help you lose weight.
- Track your habits so you can tailor your weight-loss goals.
- Get SMART about setting goals—and reap the rewards.
- Use this worksheet to set your SMART goals for weight loss.
- Learn a few tips to help build your motivation to lose weight.



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## 4 SLEEP

### Even With Good Habits I Still Cannot Sleep



There are **two ways you can help yourself improve your sleep**. The **first is within your control** by making sleep a priority. The **second** is asking for **help from your primary care doctor** or possibly a **sleep or behavioral health specialist**.

Despite good sleep habits, some people still find it **hard to fall asleep**.

- Thinking about **things** to be **done tomorrow**
- Thinking about **things** that **happened during the day**
- **Emotionally** upsetting **conversations** right before bed
- Watching the **clock**
- Wandering or **busy minds**

### In your control

- ✓ **Cognitive techniques:** Record daily sleep, use tools and exercises to quit your mind, learn about sleep, set reminder messages
- ✓ **Relaxation techniques:** Journaling or writing things down, deep breathing exercises, tactical breathing, progressive muscle relaxation visualization and guided imagery, meditation, mental focusing exercise
- ✓ **Other Suggestions:**
  - **Letters/Number:** Use all caps or all lower case letters. Draw the letters in your mind in the same style from A to Z. Repeat until you achieve your goal.
  - **Poem or Prayer:** Repeat each word in the prayer or poem until complete. Alternative: Find a synonym for each word in the poem or prayer, or discern the meaning of the poem or prayer in way you could tell your child or friend.

Little feet.  
A tempered foot,  
found new ground.  
  
A future unraveled,  
in the gypsy's palm.  
  
A blade of grass  
reflected in a crystal ball,  
somehow fit the mold.  
  
this daughter was leaving home.  
A dark hair twitched, upon the mole.  
  
From maiden to mother to crone  
the moon takes us,  
each month  
a new spell,  
an untold dimension.  
  
flattery fell in the folding of  
wings,  
an angel over a city,  
an orb, over the sea.  
  
"Somehow, Seattle, spoke to me."

Full article can be found at: <https://p3.amedd.army.mil/performance-learning-center/sleep/even-with-good-habits-i-still-cannot-sleep>



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## 5 Tobacco-Free Living



### Identify your smoking triggers

One of the best things you can do to help yourself quit is to identify the things that make you want to smoke, including specific situation, activities, feelings and people.

#### Keep a craving journal

A craving journal can help you zero in on your patterns and triggers. For a week or so leading up to your quit date, keep a log of your smoking. Note the moments in each day when you crave a cigarette:

1. What time was it?
2. How intense was the craving (on a scale of 1-10)?
3. What were you doing?
4. Who were you with?
5. How were you feeling?
6. How did you feel after smoking?



#### Do you smoke to relieve unpleasant feelings?

Many smoke to **manage unpleasant feelings** such as stress, depression, loneliness, and anxiety. When you have a bad day, it can seem like smoking is your only friend. As much comfort as smoking provides, though, it's important to remember that there are healthier and more effective ways to keep unpleasant feelings in check. These may include **exercising, meditating, [relaxation strategies](#), or simple breathing exercises**. It's worth spending some time thinking about the different ways you intend to deal with stressful situations and the daily irritations that would normally have you lighting up.

**Making a Quit Plan:** Write up your quit plan and keep it handy or use an [online tool](#) to develop your plan.

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