



March

MONTHLY NEWSLETTER

SLEEP FIT

By our very own CEO, Dr. Dwinnells

Good sleep is essential for a healthy life. It boosts your immune system, balances hormones, and helps manage weight and cholesterol. It also keeps your brain working well and helps prevent diseases like Alzheimer's and Parkinson's.

Scientists discovered that the brain has a system called the glymphatic system, which clears waste during deep sleep (REM sleep). This system uses spinal fluid to flush out waste, keeping your brain clean and healthy.

To get good sleep:

- Follow a regular sleep schedule, ideally going to bed between 9 PM and 11 PM, and aim for 7-8 hours of sleep.
- Sleep cycles include REM and NREM (non-REM) phases, which repeat every 90 minutes. Deep sleep helps the glymphatic system work best.

Other tips:

- Exercise and deep breathing improve the glymphatic system.
- Meditation increases blood flow to the brain, helping remove waste.

Invest in your Sleep Fit program:

- Stay active during the day to feel tired by bedtime.
- Relax before bed—avoid screens, large meals, caffeine, and alcohol.
- Keep a consistent sleep schedule.

Better sleep will cleanse your brain and improve your overall health!



EATING TIP OF THE MONTH

Choose Whole Grains for Better Health

Grains like oats, rice, barley, wheat, and corn are essential foods. They come in two types: whole and refined. Whole grains include the entire grain, while refined grains are processed, removing fiber and vital nutrients.

Refined Grains:

- Examples: white flour, white rice, white bread, white pasta, and grits.
- Less nutritious and provide shorter-lasting energy.
- High intake can lead to weight gain and increase the risk of diabetes.

Whole Grains:

- Examples: oatmeal, whole grain bread and pasta, corn, brown rice, and quinoa.
- Rich in fiber and nutrients, supporting various bodily functions.
- Help you stay full longer and prevent blood sugar spikes.
- Aid in weight management, lower cholesterol and blood pressure, and reduce the risk of diabetes and cardiovascular disease.

Tips for Choosing Whole Grains:

- Swap white bread for whole grain bread.
- Opt for brown rice or pasta instead of white.
- Start your day with oatmeal or a low-sugar whole grain cereal.

Embrace whole grains to enhance your well-being and maintain a healthy weight!

RECIPE OF THE MONTH

Easy Mexican Quinoa

Est. time to prepare: 15 minutes

Ingredients:

- 1 cup frozen corn kernels
- 1 can black beans
- 1 cup uncooked white quinoa (3 cups cooked)
- 1 tablespoon ground cumin
- 1 cup salsa
- Cilantro to garnish (optional)



Directions:

1. Cook 1 cup quinoa with 1 ¾ cups water: boil, simmer 15 mins, sit 10 mins, fluff, and cool.
2. Preheat skillet, cook corn and black beans for 3-4 mins.
3. Add quinoa and cumin, cook 3 mins, stirring.
4. Add salsa, cook 2 mins, stirring.
5. Remove from heat, cool, fluff, and garnish with cilantro if desired.

For more healthy recipes and healthy eating information, scan the QR Code.



EXCERCISE OF THE MONTH

by Eschman Physical Therapy *What's the Best Exercise for You?*

Finding the perfect exercise can be a fun journey! It depends on several factors, like your goals, current fitness level, and any physical limitations. Here are some questions to consider:

- **What do you want to achieve with exercise?**
- **Do you already have an exercise routine?**
- **Do certain exercises cause you pain or discomfort?**
- **Are you trying to strengthen specific areas like your arms, legs, or core?**
- **Do you have trouble with walking or balance due to muscle weakness?**

Choosing the right exercise requires some thought, but it's worth it to avoid injury and get the best results.

Remember the golden rule: Do No Harm!

Almost everyone can benefit from a good postural exercise. This month, try the "Chicken Wing"! It's simple, requires no special equipment, and takes less than 5 minutes.

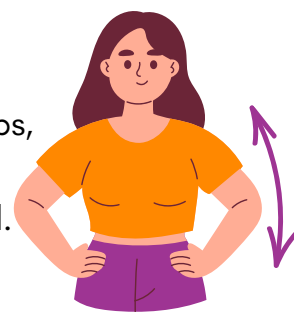
MOVEMENT NAME "CHICKEN WING"

Position: Sit or stand

Steps:

1. Place both hands on your hips, elbows out to the sides.
2. Move your elbows backward.

Give it a try and have fun with your fitness journey!



3 sets of 10-20 reps

Stay in the Know



Visit our new website at onehealthfit.org and our Facebook page, ONE Health FIT!

Follow Us on **Facebook**: Like and follow our page, and share it with your friends! Enjoy FIT program updates, health and nutrition tips, and exercise ideas to keep you motivated and engaged in healthy living.

Explore Our **Website**: Find everything you need to know about ONE Health FIT. Download our Food and Exercise Log, monthly newsletters, and more.

Leave a Review: We now have a **Google page**! Share your experience with us by leaving a review. Just search for ONE Health FIT on Google to find our page.

