



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Sleep is imperative in the repair and restoration of the body. The rest that happens during sleep reboots your body for the next day. Losing out on sleep creates a vicious cycle in your body, making you more prone to various factors contributing to things such as weight gain.

The lack of sleep can greatly effect an individual's weight. Sleep is like nutrition for the brain. Most people need between 7 and 9 hours each night. Get less than that, and your body will react in ways that lead even the most determined dieter straight to carton of ice cream.

Skimping on sleep sets your brain up to make bad decisions. It dulls activity in the brain's frontal lobe, the locus of decision-making and impulse control. A tired brain tends to crave junk food while also lacking the impulse control to refuse it. So, it's a little like being drunk. You don't have the mental clarity to make good decisions. Plus, when you're overtired, your brain's reward centers rev up, looking for something that feels good. So, while you might be able to squash comfort food cravings when you're well-rested, your sleep-deprived brain may have trouble saying no to a second slice of cake.

Too little sleep also triggers a cortisol spike. This stress hormone signals your body to conserve energy to fuel your waking hours. The more sleep-deprived you are, the higher your levels of cortisol, which increases your appetite. Often, that means reaching for junk foods. When you're stressed, your body tries to produce serotonin to calm you down. The easiest way to do that is by eating high-fat, high-carb foods that produce a neurochemical reaction. When you're tired, your hormones go a crazy too, boosting levels of the ghrelin, which tells you when you're hungry, and decreasing leptin, which signals satiety.

The result is an increase in feeling hunger, more fat deposition into the body and cortisol-induced fat retention is concentrated around the stomach area. Inadequate sleep interferes with your body's natural ability to metabolize carbohydrates which leads to higher insulin levels in your body. When your body doesn't respond properly to insulin, your body has trouble processing fats from your bloodstream, and it ends up storing it primarily around the stomach area.

Poor sleep isn't the only factor in weight gain, of course—there are several, including your genetics, your diet and exercise habits, your stress, and your health conditions. But the evidence is overwhelming: when sleep goes down, weight goes up. So, it's not so much that if you sleep, you'll lose weight, but that too little sleep hampers your metabolism and contributes to weight gain.

Basically:

- The less sleep that you get, the less energy your body will use to burn calories.
- The later that you stay up at night, the more likely you are to snack late at night.
- Lack of sleep results in an increase in production of the hormone Ghrelin. This hormone is responsible for appetite, fat production and body growth. The less you sleep, the hungrier you become.
- The less sleep that you get, the harder it is to burn fat.
- The less you sleep, the more opportunity you have to eat.

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Tips to get more sleep

1. Shut down your computer, cell phone, and TV at least an hour before bed.
2. Save your bedroom for sleep and sex. Think relaxation and release, rather than work or entertainment.
3. Create a bedtime ritual.
4. Stick to a schedule, waking up and going to sleep at the same.
5. Avoid eating heavy meals and alcohol close to bedtime and steer clear caffeine after 2 p.m. It can stay in your system for 5 to 6 hours.
6. Turn out the lights. Darkness cues your body to release the natural sleep hormone melatonin, while light suppresses it.

Upcoming Events

May 1st: Accountability Challenge

May 5th: Mom's Day Out @ Elite Therapeutic Massage

May 18th: Mom's Mini Retreat

May 19th: Meal Prep Party

For more information go to:
beyondpersonaltraining.org

Workout of the Week

30 seconds each x 3 rounds - 10 seconds rest between exercises

- Warm up: Inchworm with yoga flow and step x 5
- Circuit #1: Pushups – Spiderman Plank – Alternating Side Plank
- Circuit #2: Squat with Shoulder Press – Reverse Lunge with Bicep Curl (R/L) – Russian Twist
- Circuit #3: Side Lunge with Side Raise – Kettle Bell Swing – Standing Bike
- Circuit #4: Single Leg Deadlift – Pullover to Toes (legs up)
- Circuit #5: Glute Bridges – Reverse Abdominal Curls – Plank
- Finisher: Mountain Climbers – Total Body Extension – Jumping Jacks



Quinoa Tabbouleh

Ingredients:

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| 1 cup quinoa, rinsed well | 1 large cucumber cut into 1/4" pieces |
| 1/2 teaspoon kosher salt plus more | 1 container cherry tomatoes quartered |
| 2 tablespoon fresh lemon juice | 2/3 cup chopped flat-leaf parsley |
| 1 garlic clove, minced | 1/2 cup chopped fresh mint |
| 1/2 cup extra-virgin olive oil | 2 scallions, thinly sliced |
| | Freshly ground black pepper |

Directions:

Bring quinoa, 1/2 teaspoon salt, and 1 1/4 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.

Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.

Spread out quinoa on a large rimmed baking sheet; let cool. Transfer to a large bowl; mix in 1/4 cup dressing. DO AHEAD: Can be made 1 day ahead. Cover remaining dressing and quinoa separately; chill.

Add cucumber, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper. Drizzle remaining dressing over.