Importance of Developing Healthy Relationships Between Sleep, Exercise & Nutrition

Facts About Sleep:
- Without adequate sleep we can't cope with the demands of daily living, much less the effects of stress
- Reducing sleep by 1½ hours for 1 night = 1/3 reduction daytime alertness
- Lack of sleep or a sleep deficit is bad for your body and can cause a lowered immune system, medical issues, weight gain, memory & focus concerns, and a greater chance of injury

Creating A Consistent Sleep Routine (Use 10 minutes or 1 hour):
- Warm Bath
- Light Reading
- Soft Music
- Meditation
- Gratitude Practice
- Journaling
- Prayer

Sources:  
https://www.nutrition.gov/  
https://www.cdc.gov/nutrition/index.html

Benefits of Exercise (30 Minutes/Day):
- Improves mood
- Controls weight
- Improves sleep
- Counteracts/combats health conditions & illnesses such as diabetes, stroke, high blood pressure, metabolic syndromes, depression, anxiety, certain types of cancer, type II diabetes, etc.
- Boosts energy
- Everyone benefits from exercise regardless of gender, age, or physical ability

Nutrition- There are 7 nutrients required by the human body: protein, carbohydrate, vitamin, mineral, fiber, and water

BALANCE YOUR PLATE

- 50% of your plate should be filled with vegetables and fruits
- 25% with lean protein
- 25% with whole grains

✓ Food choices influence the health and well-being of individuals