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National Nutrition Month

Hyponatremia

Hyponatremia is a lower than normal level of sodium in the blood. **Hyponatremia is also referred to as “water intoxication” usually when there is a consumption of excess water.** This may happen during strenuous exercise and the absence of sufficient sodium replacement. Excess water dilutes the normal amount of sodium making the concentration appear low. This can result in kidney failure and congestive heart failure because excess fluid accumulates in the body and cannot be efficiently excreted.

Sometimes medical history such as excessive sweating or prolonged vomiting will show the diagnosis.

How is hyponatremia diagnosed?

A blood test measuring one’s sodium level is required and sometimes medical history such as excessive sweating or prolonged vomiting will show the diagnosis.



Local Events

Run for Haven at Tioga Town Center: March 14, 2015 at 4:30 PM

5K and 10K run/walk. Cost is \$20 during pre-registration before March 10th

After March 10th: \$45

March for Babies at Westwood Middle School: Saturday March 21, 2015 at 8:00 AM

Registration time: 7:00 AM

Address: 3215 NW 15th Ave, Gainesville, FL 32605

Zumba at the Facilities Administration Building (FAB) Classroom every Wednesday from 5 to 5:45 PM. Cost is FREE for UF and UF Health Employees

Facts About Sleep

- ◆ Man is the only mammal that willingly delays sleep.
- ◆ Usually, exercising regularly makes it easier to fall asleep and aids in sounder sleep.
- ◆ We naturally feel tired at two different times during the day: 2:00 AM and 2:00 PM, these are both natural dips in alertness
- ◆ Sleep is just as important as diet and exercise.
- ◆ **People who don't get enough sleep are more likely to have bigger appetites due** to the fact that their leptin levels decrease which promotes appetite increase.
- ◆ Snoring is the primary cause of sleep disruption for about 90 million American adults.

National Sleep Awareness Week

National Sleep Awareness Week is March 2-8, 2015 and is the week before Daylight Saving Time. This is a public education and awareness campaign to promote the importance of sleep. This week is an opportunity for us to stop and think about our sleep habits, realize how much they impact our well

-being, and take a step towards improving them. Sleep education and screening is provided to the public by the **Foundation's Sleep Care Center members**. The National Sleep Foundation suggests that adults get seven to nine hours of sleep **each night to maximize one's** health and safety.

How Much Sleep Do You Really Need?

Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National Sleep Foundation

National Nutrition Month



March is noted as National Nutrition Month and the theme this year is **“Bite into a Healthy Lifestyle”**.

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics.

This campaign emphasizes the importance of making informed food choices and developing sound eating and physical activity habits. The **theme this year, “Bite into a Healthy Lifestyle” encourages everyone to** maintain eating and physical activity plans that aim for consuming fewer calories, making informed food choices, and getting daily exercise in order to achieve and sustain a healthy weight, reduce the risk of chronic disease, and promote overall health.

How can you actively work towards obtaining the recommended hours of sleep each night?

- Go to sleep when tired and do not wait until that “second wind” hits.
- Practice the time needed to go to bed when waking up at a certain hour
- Eat healthy and do not do any strenuous activity right before bed



Exercise of the Month

5 Minute glute and thigh workout

40 seconds on; 5 seconds off for each

- * Ski squats
- * Sumo squats
- * Pop squats
- * Static squats
- * Pulse squats
- * Jump squats



Recipe of the Month

Coconut curry

Ingredients

- 2 Tablespoons Butter
- 1-1/2 pound Peeled And Deveined Raw Shrimp
- 1 whole Medium Onion, Finely Diced
- 4 cloves Garlic, Minced
- 1 Tablespoon Curry Powder
- 1 can (13 1/2 Oz. Size) Coconut Milk
- 2 Tablespoons Honey, More To Taste
- 1/4 teaspoon Kosher Salt (more To Taste)
- 1 whole Lime, Juiced
- 12 whole Basil Leaves, Chopped, Plus More For Garnish
- 2 cups Basmati Rice--cooked According To Package Directions

Add salmon if wanted!

1. Heat the butter in a large skillet (I used non-stick) over medium-high heat.
2. Add the shrimp and cook for 2 to 3 minutes, turning them over halfway through, until fully cooked. Remove to a plate and set aside.
3. Add the onion and garlic to the skillet and stir to cook for 2 minutes.
4. Sprinkle the curry powder over the onions and continue cooking the onions, stirring, for another couple of minutes.
5. Reduce the heat to medium
6. Add honey, salt, and lime juice, and allow the sauce to heat up until bubbling gently.
7. Add shrimp into the sauce, tossing to coat, and allow it
8. Taste the sauce and add more salt, lime juice, or honey depending on your taste. Stir in the basil. (Add hot sauce if you want a little kick.)
9. Serve shrimp and sauce over a bed of cooked basmati rice, garnishing with more basil.



“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison”



Dessert of the Month

Banana Dippers

Ingredients

- 1 banana
- 1/2 teaspoon of peanut butter
- 1 package of granola or trail mix



Directions

1. Cut the banana into 1 1/2-inch chunks
2. Spread one end of each chunk with about 1/2 teaspoon of peanut butter
3. Dip the peanut butter ends into your favorite granola or trail mix

About 160 calories!

10 Tips for Healthier Aging

1. Think positive—strive for success in everything that you do
2. Turn your spark into a flame—if you have a passion, hobby or talent, nurture it, grow it, and let that love spread into other areas of your life
3. Keep your motor running—having energy and motivation are hallmarks of healthy living
4. Eat a balanced diet—eat lots of fruits and vegetables, without too much sugar or salt
5. Exercise regularly—staying physically active fuels the body and mind, promoting physical and mental healthiness
6. Connect with people—keep up with your social life and keep it active
7. **Don't stay down**—everyone feels down at times but being upset over anything too long does not help you move forward, exercising and changing to a healthier diet usually helps
8. Keep learning—learning adds a needed dimension to life and it keeps the brain stimulated. You can learn new subjects or physical activities at any age.
9. Invest in you—from having expectations of yourself to embarking on new behaviors take energy and effort. Think about it as your effort as a way of improving an investment plan that pays big dividends
10. Have fun! - joy and laughter are major components of a healthy lifestyle so do what is needed to have a good time. Even step out of your comfort zone if needed, you may be really glad you did.

It's already March! It is hard to believe how time flies! We hope you are still staying on track with the New Year's fitness goals; or, if resolutions aren't your thing, staying consistent with the health-focused routine adjustments you've made. With the discipline and energy you put forth in the gym, you may have noticed yourself becoming more mindful of what you're putting on your fork. This is worth considering since nutrition choices not only influence your performance in the gym but also how you feel and look overall.

Eating Around Your Workouts

It's important to consider what you are eating around your workouts. The food you consume will not only directly impact your energy, stamina, and the overall quality of your workouts, but also your body composition, your body's ability to efficiently recover, and your overall health.

Your pre-workout meal is what you eating within 1-2 hours before you hit the gym. This is the fuel that aids your performance and may keep you sustained to push yourself harder. Many sports nutritionists agree that a protein source paired with simple sugars, like those found in fruit, are a great snack before a workout (e.g., a medium banana with a protein shake).

Your post-workout meal should be a combination of protein (for muscle recovery) and carbohydrates (which replenish your energy stores). In particular, for any workout involving resistance or weight-bearing activities, it is ideal to eat within the following hour.

If it is unrealistic for you to get real food within the hour, a post-workout shake (mixed in a simple blender bottle) may be ideal until you get to a meal. When you are able to sit and consume an actual meal, do not forget about micronutrients! Think about the carbohydrate sources that you are choosing, (ie. Choosing a sweet potato instead of a plain white baking potato is a better choice)

Staying Hydrated

We all have heard about the importance of staying hydrated, especially when we are expending energy during a strenuous workout and releasing sweat. It is important to drink before, during, and after a workout.

Water is an obvious choice to stay hydrated. There are countless sports drinks being marketed to athletes and gym-goers. For intense athletic training (or training over 1.5 hours) and sweating consistently, sports drinks may be beneficial in order to refuel electrolytes that were lost (sodium and potassium).

Sports drinks that contain carbohydrates allow for an athlete's energy to be sustained during the sport or intense workout, which would offset fatigue. However, for a standard gym routine in a cool environment, the American College of Sports Medicine suggests that *"during exercise lasting less than one hour there's little evidence of any difference in performance between exercisers who drink beverages containing carbohydrates and electrolytes, and those who drink plain water."*

Sports marketer for such beverages may make your drink choices overwhelming with what is best for your unique performance goals. In general, remember that your hydration is most important. Electrolyte recovery drinks or carbohydrate-loaded sports drinks are not necessary for a standard, hour-long gym workout.

When deciding on a purely flavored beverage, it may be helpful only to the extent that it helps you to rehydrate more efficiently (opposed to standard H₂O).

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