



The Importance of Sleep!

Yes, it's true being short on sleep can affect your weight! While you weren't sleeping, your body has cooked up the perfect recipe for weight gain. When we feel tired we tend to skip workouts and order comfort food to help us get through the day. Skimping on sleep sets our brain up for poor decision-making. A sleepy brain appears to crave junk food while also lacking the impulse control to say no.

Most people need between 7 and 9 hours of sleep each night. Insufficient sleep impacts your hunger and fullness hormones, including two called Ghrelin and Leptin. Ghrelin signals your brain that it's time to eat. When you are sleep deprived your body makes more Ghrelin. Leptin cues your brain to say I'm full! When you're not getting enough sleep, leptin levels plummet, signaling your brain that you need to eat more food. It's no wonder lack of sleep leads to overeating and then weight gain. Then there's the cortisol spike that comes from too little sleep. This stress hormone signals your body to conserve energy to fuel your body during waking hours. This means you are more likely to hang on to fat!

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Tips to Help you Sleep

1. Have a regular wake up & bedtime.
2. Stay hydrated during the day but slow down fluids in the evening.
3. A small bedtime snack is okay esp. if it's high in sleep-inducing tryptophan. Some foods include, nuts, seeds, bananas, milk, & honey.
4. Avoid consuming alcohol and caffeine at least 4 hours before bed.

January Boot Camp:

Starting Monday January 5th

@ 7 p.m.

9 weeks for \$100

Private personal training sessions also available with Registered Kinesiologist.

Cindy Catton, R. Kin.

Contact Cindy today.

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