

WELL SAID.  
*April, 2014 - In This Issue:*

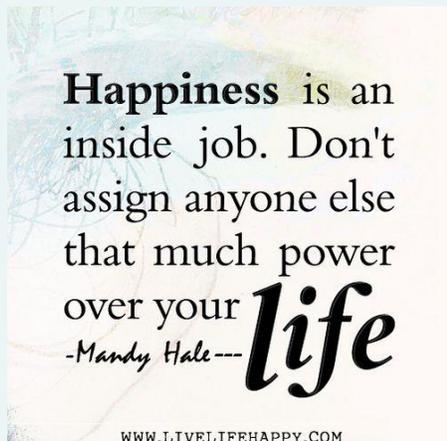
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This month is a good time to learn how to catch up on some well-earned sleep. With spring in bloom, why not start a new walking routine, maybe even enter a 5K? We've made it easy for you. Check out a quick list of some of the upcoming local 5K races. Dinner is covered, too; asparagus is in season. Enjoy!



**How To Sleep Better**

*Tips to getting a Good Night's Sleep*

How you feel during your waking hours hinges greatly on how well you sleep. Similarly, the cure for sleep difficulties can often be found in your daily routine. Your sleep schedule, bedtime habits, and day-to-day lifestyle choices can make an enormous difference to the quality of your nightly rest. The following tips will help you optimize your sleep so you can be productive, mentally sharp, emotionally balanced, and full of energy all day long.



**Tip 1: Keep a regular sleep schedule**

Consistency is vitally important.

- **Set a regular bedtime.** Go to bed at the same time every night, even on weekends.
- **Wake up at the same time every day.** As with your bedtime, maintain your regular wake-time, even on weekends.
- **Be smart about napping.** If you must nap, do it in the early afternoon, and limit it to thirty minutes.

**Tip 2: Naturally regulate your sleep-wake cycle**

Melatonin is a naturally occurring hormone controlled by light exposure. Your brain should secrete more in the evening, when it's dark, to make you sleepy, and less during the day when it's light and you want to stay awake and alert. However, many aspects of modern life can disrupt your body's natural production of melatonin and with it your sleep-wake cycle. Increase light exposure during the day

- **Spend more time outside during daylight.** Try to take your work breaks outside in sunlight, exercise outside, or walk your dog during the day instead of at night.
- **Let as much light into your home/workspace as possible.** Keep curtains and blinds open during the day, and try to move your desk closer to the window.

## Dinner Time!



### Chicken and Asparagus Stir-Fry

**Prep Time:** 3 minutes

**Cook Time:** 12 minutes

**Total Time:** 15 minutes

**Yield:** 2-4 Servings

#### Ingredients

- 1 Tbsp. soy sauce
- 1 Tbsp. honey
- 2 boneless, skinless chicken breasts, cut into bite-sized pieces (about 1-inch)
- 1 Tbsp. olive oil
- 1 bunch asparagus, cut into bite-sized pieces
- 4 cloves garlic, thinly sliced
- 2 scallions, chopped
- 2 tsp. toasted sesame oil
- (optional) 1 tsp. toasted sesame seeds

#### Method

In a small bowl combine soy sauce and honey. Add chicken, and stir to coat. Set in the refrigerator until ready.

Meanwhile, heat oil in a large skillet over medium-high heat. Add asparagus, and saute until cooked, about 5 minutes. Remove the asparagus with a slotted spoon, and set aside.

Remove chicken from marinade, and add to skillet. Saute until nearly cooked through, about 5 minutes. Then add garlic, scallions, and the reserved marinade to the pan. Saute for an additional 2 minutes until the chicken is cooked and the garlic is fragrant. Remove from heat and stir in sesame oil. Serve immediately with rice, garnished with toasted sesame seeds if desired.

For more great dinner ideas:

<http://www.pinterest.com/cqibenefits/de-lite-ful-dinners/>

- **If necessary, use a light therapy box.** A light therapy box can simulate sunshine and can be especially useful during short winter days when there's limited daylight.

Boost melatonin production at night

- **Turn off your television and computer.** Not only does the light suppress melatonin production, but television can actually stimulate the mind, rather than relaxing it.
- **Change your bright light bulbs.** Avoid bright lights before bed, use low-wattage bulbs instead.
- **When it's time to sleep, make sure the room is dark.** Cover electrical displays, use heavy curtains or shades to block light from windows, or try a sleep mask.

#### Tip 3: Create a relaxing bedtime routine

If you make a consistent effort to relax and unwind before bed, you will sleep easier and more deeply. A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses.

Make your bedroom more sleep friendly

- **Keep noise down.** If you can't avoid or eliminate noise, try masking it with a fan, recordings of soothing sounds, or white noise.
- **Keep your room cool.** The temperature of your bedroom also affects sleep. Most people sleep best in a slightly cool room (around 65° F or 18° C) with adequate ventilation.
- **Make sure your bed is comfortable.** If you often wake up with a sore back or an aching neck, you may need to invest in a new mattress or a try a different pillow.

#### Tip 4: Eat right and get regular exercise

Your daytime eating and exercise habits play a role in how well you sleep. It's particularly important to watch what you put in your body in the hours leading up to your bedtime.

- **Stay away from big meals at night.** Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed.
- **Avoid alcohol before bed.** While it may make you fall asleep faster, alcohol reduces your sleep quality, waking you up later in the night.
- **Cut down on caffeine.** You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it!

You'll also sleep more deeply if you exercise regularly—as little as 20 to 30 minutes of daily activity helps. You can break it up into five minutes here, 10 minutes there, and still get the benefits. Try a brisk walk, a bicycle ride, or even gardening or housework. Even relaxing exercises such as yoga or gentle stretching can help promote sleep.

#### Tip 5: Get anxiety and stress in check

Even counting sheep is more productive than worrying at bedtime. Relaxation is beneficial for everyone, but especially for those struggling with sleep. Some simple relaxation techniques include:

- **Deep breathing.** Close your eyes, and try taking deep, slow breaths, making each breath even deeper than the last.
- **Progressive muscle relaxation.** Starting with your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up from your feet to the top of your head.
- **Visualizing a peaceful, restful place.** Close your eyes and imagine a place or activity that is calming and peaceful for you. Concentrate on how relaxed this place or activity makes you feel.

[www.helpguide.org](http://www.helpguide.org)

For more information:

<http://www.pinterest.com/cqibenefits/sleep-sound/>



5K's are one of the most popular races out there, and here are five reasons why:

- 1. Anyone can do it.** Whether you run all out or walk it, anyone can do a 5K. With a little bit of training - it is possible. In less than 6 weeks most people can go from sitter to runner.
- 2. Convenience.** Race day is a snap. You arrive at the race, warm up for 10 to 20 minutes, race for 40 minutes maximum, cool down, replenish with food and drink, and head home in your new [race T-shirt](#) before your family has finished breakfast.
- 3. Connect with running friends.** Running a 5K is a great reason to get back into shared training routines or at least meet up for a great race.
- 4. Guaranteed inspiration.** Sometimes it is from the leaders of the race and watching their amazing stride and pace as they pass me. Other times it is the runners at the back of the pack as they share their story of what brought them to the starting line.
- 5. So many choices.** There are many choices for 5K races. And more choices means a better chance of finding the race(s) that are just right for you. Take a look at some of the upcoming local 5K Races schedule:

May 3, Saturday	Stonyfield Organic Earth Day 5K	Londonderry, NH
May 4, Sunday	Spring Into Spring 5K	Center Conway, NH
May 10, Saturday	Trot For Tots 5K	Concord, NH
May 17, Saturday	Get Fit in May 5K	Exeter, NH
May 25, Sunday	Runners Alley/Redhook 5K	Portsmouth, NH
May 26, Monday	Memorial Day 5K to Remember	Cumberland, ME
Jun 7, Saturday	York Hospital 5K	York, ME
Jun 7, Saturday	Adventure5K	Candia, NH
Jun 12, Thursday	Twilight 5K	South Portland, ME
Jun 15, Sunday	RibFest 5 Miler	Merrimack, NH
Jun 21, Saturday	Northeast Delta Dental Mount Washington Road Race 7.6M run	Gorham, NH

<http://www.runningintheusa.com>

## Walk Your Way to Fitness

### Walking Is ...

Regardless of your age or fitness level, physical activity will improve your health. The easiest and most popular form of exercise is walking.

- **Universal.** Almost anyone can do it. And you don't need lessons to learn. People walk for any number of reasons: pleasure, stress reduction, solitude, transportation, and fitness.
- **Accessible.** You can walk anywhere: sidewalks, trails, roads, fields, parks, or shopping malls. All you have to do is get out of bed, and you're walking.
- **Convenient.** You can walk any time, day or night. It's not necessary to walk with a team or a partner. You can go walking whenever you have time.
- **Economical (free, even!).** You don't have to pay club dues, or buy expensive sports equipment. The only requirement is a pair of sturdy, lightweight, comfortable shoes with cushioned soles, a good arch, and heel support. Any loose fitting clothing will do. In cold weather, wear layers. Be sure to wear a hat or cap when in the sun.



### Things to consider ...

- Most physicians recommend annual exams if you're age 40 or older. If you have high blood pressure or other health problems, check with your healthcare provider before beginning an exercise program. If you haven't been exercising, start slowly.
- Drink water before and after your walk. If you walk more than 15 minutes, or if it's hot, bring water along and sip while you walk.
- Hold your head erect, and keep your abdomen flat. Stand up straight when walking on level ground. Lean forward slightly when walking up or down hills, or at a very rapid pace.
- Look ahead, not down at the ground - although be careful not to trip over obstacles or cracked sidewalks.
- Swing your arms, with your elbows bent.
- Land on the heel of your foot, and roll forward to drive off the ball of your foot. Walking only on the ball of your foot, or walking flat-footed can cause fatigue and soreness.
- Breathe easily and deeply.
- Take long, easy strides, and walk as fast as feels comfortable. You should be able to carry on a conversation while walking. If you're too breathless to talk, you're going too fast.
- Slow down a few minutes before you finish. This is your "cool down" period.
- Gently stretch after walking.

### Get Moving

<http://www.pinterest.com/cqibenefits/get-moving/>

