

# September 2022








## Wellness Program Initiative

### FALL INTO FITNESS

It's that time of the year again. Get back on track and participate in the Fall into Fitness Program. You must complete at least **30 minutes of exercise at least 4 times per week** to get a point on your ticket to wellness.



Here are some ideas:

-  Try a 30-minute lunchtime workout. You'll lose the stress and anxiety, and get a boost in energy. Stepping away from work helps clear your mind, helps you refocus.
-  Go to a park near you. Calhoun County offers amazing trails. Follow this link for more information on County Parks: <https://www.calhouncountymi.gov/departments/parks/index.php>
-  Rake the yard.
-  Go to an orchard, pick your own apples.
-  Go for a walk or bicycle ride after dinner, enjoy the sunset.
-  Go to a pumpkin patch, walk around to find the perfect pumpkin.
-  Create outside fall décor. Take a few pictures and email them to Marie at [mstamand@calhouncountymi.gov](mailto:mstamand@calhouncountymi.gov)

**Weekly Log Sheet attached**



# Fall into Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# Sweet Slumber ..zzzzz

**Keep track of how many nights during the month of September that you slept at least 7 hours.**

**Submit your calendar no later than October 10th to be entered in a drawing for an awesome new pillow.**

## **Foods That Are Naturally High in Melatonin**

When you hear the word "melatonin," you may automatically think of the vitamin supplements people take to help them sleep better at night. But did you know that you can also get melatonin from the foods you eat? Melatonin is a hormone that regulates the sleep-wake cycle and is often called the "sleep hormone." Melatonin responds to light—more is produced when it's dark and less when it's light. It can also be made from certain foods we eat.

If you're someone who's looking to naturally get a good night's rest, then it may be time to take a hard look at what you're eating every day. Here are some foods that can help you sleep better at night once you incorporate them into your diet.

### **Nuts**

Nuts, of all kinds, are a great source of melatonin, however, pistachios and almonds have the highest amounts. Both kinds of nuts also contain good amounts of magnesium, which is a mineral that may also help you achieve a better night's rest.

### **Milk**

There's a reason why your mother may have told you to have a glass of milk before bed when you were younger. Cow's milk is another source of melatonin, so a glass of milk before bed might actually be a good idea.

### **Bananas**

Incorporate bananas into your evening snack if you find that you have trouble falling or staying asleep. Bananas are another great source of melatonin and other nutrients that may help with sleep problems, such as vitamin B6 or magnesium.

### **Eggs**

Eggs are another food that is packed with melatonin. "They're also high in protein and iron, which positively impact your health," says Dr. Wasserman. Beyond aiding in sleep, the melatonin found in eggs can also have other positive effects on the body.



# Sleep Tracking

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# Cindy's Resistance Band Leg Exercises

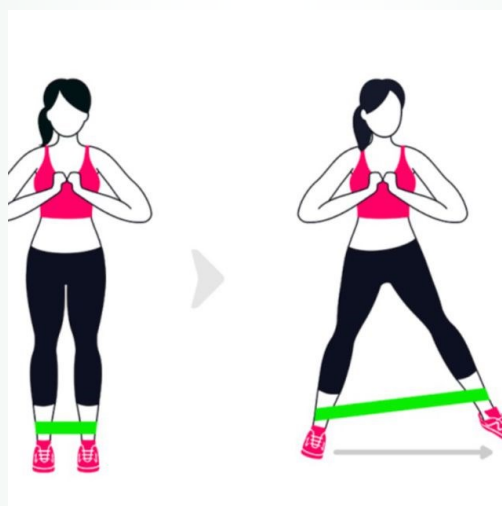
**How to do resistance band leg lifts:** Place a resistance band around your ankles and stand with your feet hip-distance apart. Tightening your glutes and thighs and balancing your weight on the right leg, lift your left leg out to the side, tightening the band as much as you can without shifting your hips. Moving with control, bring your left foot back to the starting position without letting your foot hit the ground. Continue for 10 reps before switching sides.



**How to do glute kickbacks:** Place a resistance band around your ankles and stand with your feet hip-distance apart. Tightening your glutes and tucking your pelvis in, kick your left leg out behind you until the band is tight. Pause at the top before bringing your left foot back to the starting position. Continue for 10 reps before switching sides.



**How to do a lateral band walk:** Place a resistance band around your ankles and stand with your feet hip-distance apart with a slight bend in the knees. Engaging your outer thighs and slightly hinging at the hips, step your left foot to the side so your feet are now shoulder-distance apart. Then step your right foot to the left, bringing your feet hip-distance apart and keeping the band tight. Alternate stepping your feet out and in for about 10 reps on each side.



**How to do a diagonal band walk:** Place a resistance band around your ankles and stand with your feet hip-distance apart with a slight bend in the knees. With a slight hinge at the hips, take a wide step up to the right side with your right foot while keeping the band tight around your ankles, then take a wide step up to the left side with your left foot. Continue four steps ahead before reversing your steps to walk yourself back to where you started.



# Band Exercises

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 10 lateral (left & right)  10 lateral walk	<b>2</b> 10 kickback (left & right)  10 diagonal walk	<b>3</b> 10 times all 4 exercise
<b>4</b>  REST	<b>5</b> 15 lateral (left & right)  15 lateral walk	<b>6</b> 15 kickback (left & right)  15 diagonal walk	<b>7</b> 15 times all 4 exercise	<b>8</b>  REST	<b>9</b> <b>2 Reps</b> 10 lateral (left & right)  10 lateral walk	<b>10</b> <b>2 Reps</b> 10 kickback (left & right)  10 diagonal walk
<b>11</b> <b>2 Reps</b> 10 times all 4 exercise	<b>12</b>  REST	<b>13</b> <b>2 Reps</b> 15 lateral (left & right)  15 lateral walk	<b>14</b> <b>2 Reps</b> 15 kickback (left & right)  15 diagonal walk	<b>15</b> <b>2 Reps</b> 15 times all 4 exercise	<b>16</b>  REST	<b>17</b> <b>4 Reps</b> 10 lateral (left & right)  10 lateral walk
<b>18</b> <b>4 Reps</b> 10 kickback (left & right)  10 diagonal walk	<b>19</b> <b>4 Reps</b> 10 times all 4 exercise	<b>20</b>  REST	<b>21</b> <b>3 Reps</b> 15 lateral (left & right)  15 lateral walk	<b>22</b> <b>3 Reps</b> 15 kickback (left & right)  15 diagonal walk	<b>23</b> <b>3 Reps</b> 15 times all 4 exercise	<b>24</b>  REST
<b>25</b> <b>3 Reps</b> 20 lateral (left & right)  20 lateral walk	<b>26</b> <b>3 Reps</b> 20 kickback (left & right)  20 diagonal walk	<b>27</b> <b>3 Reps</b> 20 times all 4 exercise	<b>28</b>  REST	<b>29</b> <b>4 Reps</b> 20 times all 4 exercise	<b>30</b>  Congrats!!!	