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Healthy Habit #3: Get a full night's sleep

In today's busy lifestyle, sleep may not be top priority.

Studies show that adults with chronically poor sleep tend to gain weight which can lead to a domino effect for other medical problems³.

The Centers for Disease Control⁴ suggest the following for better sleep:

- ❖ Go to bed at the same time each night.
- ❖ Assure bedroom is cool, dark, and quiet
- ❖ Turn off screens prior to sleep routine
- ❖ Avoid large meals, caffeine, alcohol close to bedtime
- ❖ Get plenty of exercise during day

How can a Registered Dietitian help me?

Registered Dietitian Nutritionists (RDNs) have a unique educational background that considers an individual's barrier to lifestyle change.

They are in the best position to help an individual set SMART goals and problem solve when goals are not met.

S = Specific
M = Measurable
A = Achievable
R = Realistic
T = Time-bound

**Ready for change? Contact
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REFERENCES:

1. Knowler WC et al, 2002.
2. Swift CS, 2016.
3. Cassidy S, 2017.
4. CDC website.
cdc.gov/sleep/about_sleep/sleep_hygiene.html



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Image courtesy of Colourbox

**DIABETES
PREVENTION IS
IN YOUR
HANDS:
STEPS FAMILIES
CAN TAKE TO
PREVENT
DIABETES NOW!**



Photo courtesy of cufhc.org

Did you know that diabetes can be prevented or delayed?

It's true! Healthy lifestyle changes are the *most* important piece of the puzzle.

In 2002, a large study showed a 58% reduction of new diabetes cases with intensive lifestyle changes¹.

You can lower *your* risk for diabetes by installing the following healthy habits into your lifestyle.

Healthy Habit #1: Environments that Inspire

Your environment includes your home, work space, car, and your commute. Go through the following checklist to think about your environments.

In order to be successful with change, your surroundings should be in line with your long-term goals.

- ✓ **Are members of your household on the same page?** Talk to your family about your goals.
- ✓ **Do you have healthy food readily available?** Have healthy food front and center when your body signals you for fuel.
- ✓ **Do you have *unhealthy* food readily available?** Consider buying these foods less often, in smaller portions, or very rarely.
- ✓ **Where are you eating your meals?**
- ✓ **Do you eat in your living room, bedroom, or car?** Experts agree that screens on during a meal leads to distracted eating², which can cause you to feed yourself past the “satisfied” level.



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Healthy Habit #2: Move More

As modern living translates to moving less, individuals need to make time for movement. Although researchers in the Diabetes Prevention Trial¹ required participants to exercise for 150 minutes per week, you can start with less:

- Park farther away from entrance
- Get off bus/train stop sooner
- Take stairs when possible
- Walk your dog a bit further everyday

Always check with your doctor before starting any new exercise!