



MILITARY FAMILIES LEARNING NETWORK

Nutrition and Wellness Newsletter



Starting the New Year Off Right

It's that time of year again, the time when we assess what we would like to improve on and set out with good intentions to make positive changes in our lives. The question is, how do we make goals and stick to them? The key to setting goals that can be accomplished is to set SMART goals. SMART goals are:

- Specific – Formalizing the who, what, where, when, and why of a goal can help create a plan for how the goal or goals will be accomplished.
- Measurable – A goal with a measurable outcome can help best identify what success looks like and when the goal has been met.
- Attainable – Some goals require multiple steps to reach, and that's okay. Breaking big goals up into attainable steps promotes positivity.
- Realistic – Realistic goals are goals that you are willing and able to work towards. Ensuring you have the resources to complete the goal is key.
- Timebound – Specifying when the goal will be accomplished can help maintain momentum.

New Year's resolutions based on SMART goals are well planned out, increasing the likelihood of a successful outcome. If you or your clients are planning goals for 2020, we encourage you to make them SMART. Happy New Year!

Upcoming Learning Opportunities



Preoperative Nutrition Management of Bariatric Surgery Patients

Date: January 15

Time: 11:00 am ET

RSVP:

<https://militaryfamilieslearningnetwork.org/event/52258/>



Exploring the Research on Fad Diets

Date: February 12

Time: 11:00 am ET

RSVP:

<https://militaryfamilieslearningnetwork.org/event/52270/>

SLEEP AND THE RDN: INCORPORATING SLEEP EDUCATION TO REDUCE CHRONIC DISEASE RISK

WHEN: March 18 at 11:00 am ET

Join us for a webinar on how insufficient sleep increases the risk of chronic disease and how dietitians can incorporate basic sleep education principles to help clients meet health goals. 1.0 CPEU for Registered Dietitians. For more information and to register, visit the event page:

<https://militaryfamilieslearningnetwork.org/event/56491/>

CATCHING UP ON SOME ZZZ'S

You have been eating healthy and exercising regularly, but you still feel sluggish. What could be missing? Sleep.

Dietitians often overlook this important aspect of health when counseling clients, but the research linking sleep duration to obesity, diabetes, and cardiovascular disease is plentiful. Short sleepers, or those who get less than 7 hours of sleep per night, have higher levels of ghrelin (the appetite-stimulating hormone) and lower levels of leptin (the hormone that tells you when you are full), leading people to overeat. This makes it difficult to stick to a healthy eating pattern.

One-third of adults do not get at least 7 hours of sleep nightly. Some ways to encourage sleep include:

- Increasing your light exposure during the day and limiting blue light exposure at night to train your body to know when it is time for bed.
- Maintaining consistent sleep and wake times and avoiding mid-day naps to help your internal clock stay on schedule.
- Limiting caffeine after 3-4 pm as it can stay in your system for 6-8 hours.
- Keeping the room cool (between 60-67 degrees) and free from noise, light, and distractions.
- Limiting the amount of time you lay awake in bed at night. If you cannot sleep, go to another room and do something relaxing until you feel tired.



STAYING ACTIVE WHEN IT'S COLD

As the temperature drops in January and February, it may take some creativity to find ways to stay active. Exercising during cold months boosts immunity, making it extra important to keep moving. Here are some tips for staying active no matter where you live.

- Join a gym or take advantage of gyms on military installations. Many private gyms have New Year's specials, so now may be a good time to join.
- Layer up and embrace the cold. Go for a hike, run, or take part in winter sports in your area, such as skiing. Research shows that exercising in cold weather can increase calories burned.
- Find indoor activities. There are many at-home workout programs that you can do from the comfort of your home. Looking to get the kids out of the house? Check to see if there is bowling, roller skating, or laser tag near you.

SUNSETTING CPEUs

Registered Dietitians are eligible for CPEUs for one year after the original webinar date. Don't miss out on free CPEUs from these webinars:

Culinary Medicine: Where Health Meets Food

- Last chance for CPEUs: January 23, 2020
- <https://militaryfamilieslearningnetwork.org/event/22042/>

The Ketogenic Diet – Is it Another Fad?

- Last chance for CPEUs: February 25, 2020
- <https://militaryfamilieslearningnetwork.org/event/22028/>

International Lifestyle Recommendations for Polycystic Ovary Syndrome (PCOS)

- Last chance for CPEUs: March 27, 2020
- <https://militaryfamilieslearningnetwork.org/event/22060/>