



You have **Resolutions** and are **Revved** and **Ready** to **Rock** and **Roll** in **2016!**

The most common theme of goals set at New Years is about better health and, most specifically, weight loss. Unfortunately, the best of plans will be derailed if you ignore these other “**R**” words;

Rest, Recovery, Relaxation, Resilience

Rest. “To cease work or movement in order to relax, refresh oneself, or recover strength”.

Yes it is a four letter word, but that doesn’t mean that it is bad. In fact, rest in the form of sleep is a critical component of good health. It is essential for the process of repair and recovery.

Recovery “To return to a normal state of health, mind, or strength”.

If weight loss is important to you, then better quality and longer duration sleep is important. This lowers the stress hormone **cortisol** that causes increased belly fat and increased levels of Growth Hormone, needed for repair and muscle building.....

Also, there is strong evidence that a lack of proper sleep affects our mental health. Sleep is when we sort and organize our day’s thoughts and prune the neurons. It is critical for memory and our capacity to think and be effective at work and school. There is strong evidence that conditions such as ADHD Attention Deficit Hyperactivity Disorders and anxiety are caused or exacerbated by too little sleep.

The following strategies will improve sleep or in keeping with the R theme, your **Repose** “a state of rest, sleep, or tranquility!

1. A consistent bed time
2. A bed time ritual such as stretching, meditation or reading with a soft light
3. No screen time from your phone or computer for at least an hour before bed time
4. Regular exercise but not intense exercise just before bed time
5. No alcohol after dinner
6. Limit your caffeinated beverages in total and none after lunch

Resilience “the capacity to recover quickly from difficulties; toughness”

Your resilience can be quantified!

At the clinic we employ a technology that allows us to monitor your heart rate variability (HRV) for a three day period. During this time we can determine the percentage of time your nervous system is on

high alert (sympathetic) dominant or i in recovery (parasympathetic dominant). One study found that the average person spent 45% of their day in a stressed state and 25% in recovery. Changing this ratio of stress and recovery, will either increase or decrease your resilience. A loss of resilience lowers your performance at work and school and makes you more vulnerable to illness.

Enquire at your next visit if you are interested in more information on **quantifying your resilience!**