



I LOST IT AT THE CLUB TIP #9

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Trainer Tip of the Week from **Arlene Perez**

Are You Getting Enough Z's

You already know the importance of healthy eating; drinking enough water, cardio exercise, strength training...The list goes on. But besides nutrition and fitness suggestions getting enough sleep is just as important. Staying up late and hoping to make up for it on the weekends just won't cut it. Not only does lack of sleep lower your energy, it can also affect how you feel, eat and fight infections.

Chronic lack of sleep has been linked to obesity and hormone imbalance. Leptin, an appetite controlling-hormone is linked to sleep. Leptin suppresses appetite and if you lack in sleep, leptin levels fall. Therefore your brain isn't getting the message that you're full or not hungry, so you tend to eat more.

In deep sleep human growth hormone does its best work. It repairs damaged tissue, it aides in muscle growth, and generally promotes the "repair and rebuild" function of muscle. In fact a decline in sleep as we age has been suggested as a contributing factor to muscle wasting in the elderly.

7-9 hours of sleep nightly is recommended. If you want to get the most out of all that hard work you put in the gym plan to get enough good quality sleep. You'll feel better, perform better and in the end even look better! Sweet dreams.

Personal Trainer



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