

## 10 MANIA® Fitness Pro Conventions

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MIDWEST MANIA® October  
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ABOUT THE CONVENTION

1

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- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MORE IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

SCW AFAA ACE AEA NASM ACSM AEA NFPT

2

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3

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4

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5

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jeff howard  
SCW STAR PRESENTER

6

## Better Sleep for Active Agers



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7

## Why Sleep is Important in Uncertain Times according to the National Sleep Foundation

- **Sleep empowers an effective immune system**
  - strengthens our body's defenses
  - lack of sleep can make some vaccines less effective
- **Sleep heightens brain function**
  - complex thinking, learning, memory, and decision-making
    - For those adapting to new schedules, good sleep can help them stay sharp
- **Sleep enhances mood**
  - lack of sleep can lead to irritability, lowered energy levels, and can worsen feelings of depression
- **Sleep improves mental health**
  - lack of sleep linked with depression, anxiety disorder, bipolar disorder, and Post-Traumatic Stress Disorder (PTSD)

8

## “Diversity of Gut Microbiome promotes healthy sleep.”

–PloS One Journal 2019

To increase diversity:

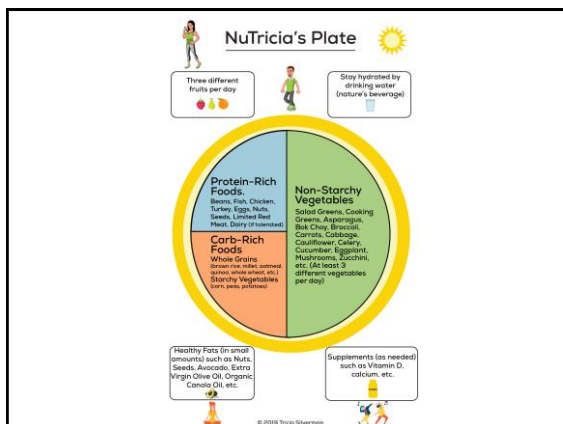
1. Increase fiber: fruits, veggies, whole grains, nuts beans, seeds
2. Decrease artificial sweeteners and other food additives
3. Consider fermented foods such as kimchi (fermented cabbage), kefir, tempeh
4. Eat polyphenol-rich foods: nuts, seeds, berries, olive oil, cruciferous vegetables (broccoli, Brussels's sprouts, cauliflower, cabbage, turnip), coffee and tea – especially green tea

9

“The best way to decrease your weight is to increase good-quality sleep in conjunction with following a balanced weight-loss diet.”

–Dr. Michael Breus, aka the Sleep Doctor

10



11

“Both insufficient sleep and poor-quality sleep make your body want to store fat, not burn it!”

–Dr. Michael Breus, aka the Sleep Doctor

12

**Poor sleep appears to increase your appetite cravings for sweets, carbs and high-fat foods.**



13

### **Shocking Sleep and Obesity Trends**

In 1960, the obesity rate in US adults was 13.4% and people were sleeping an average of 8 - 8.9 hours a night.

In 2010, the obesity rate climbed to 35% and people were sleeping an average of 6.5 hours a night.

14

### **Sleep and Cognition in the Active Ager**

- “Negative sleep changes are associated with worse cognitive functioning.”
- Older adults showed greater negative effects on cognition from sleep deprivation than younger adults in areas such as vigilance, reaction times, word detection, addition, and more
- Insomnia appears to negatively impact memory and executive functioning
- Sleep disordered breathing in older adults negatively affects vigilance, executive function, and memory  
– *Sleep Med Clin* 2018

15

### **Sleep Disordered Breathing**

- Also known as sleep apnea
- Sleep Apnea is risk factor for stroke
- It can precede stroke and occur after it
- Treatment: CPAP
- Prevention: If have cardiovascular disease or diabetes, get tested for sleep apnea
- Some research indicates improvement in cognition after treatment with CPAP
- Pap may also slow the deterioration of Alzheimer’s

16

### **Sleep and Anxiety in the Active Ager**

- “Better sleep may limit the negative effects of anxiety on executive functions in mid-to-late life”  
– *Aging Ment Health* 2019

17

### **Sleep Research**

- Total sleep time decreases with age, and appears to plateau after 60
- Sleep efficiency (the percentage of time that you spend in bed asleep) begins to decline and continues to decline after adolescence
- Appears to be a steady 10 minutes increase of WASO (Wake After Sleep Onset) per decade of age from 30 to 60 years, then stays steady

18

## Sleep Research

- Napping
  - Appears to occur more in active agers compared to their younger counterparts
  - frequent napping associated with excessive daytime sleepiness depression, pain and nocturia (waking up to go to the bathroom) in a survey of US older adults
  - Recommendations vary, but seem to favor short 20-30 minute naps

19

## Sleep Research

- Healthy Older Adults appear to perceive better sleep quality, compared with older adults who have health issues
  - *Sleep Med Clin. 2018*

20

## Hormone Decrease may be a Factor in Sleep Disturbances

- Cortisol levels during sleep increase with aging
- Prolactin secretion during sleep decreases with age
- Growth hormone released during sleep decreases with aging
- TSH decreases with aging
- Melatonin decreases with aging
- Testosterone, estradiol, estrogen, and progesterone decrease with aging

21

## Sleep Stages

- 5 stages of sleep
  - 4 stages are NREM (Non Rapid Eye Movement)
    - Stages 1 and 2 are lighter sleep
    - Stages 3 and 4 are deeper sleep
      - Physical restoration: Body heals, repair and regeneration of tissues
  - REM (Rapid Eye Movement) Sleep
    - Mental Restoration
- 90 minute cycle to go through all the stages
- Need 4-5 cycles to restore your body (4 cycles is 6 hours 5 cycles = 7.5 hours sleep)
- Adult sleep duration recommendation: (26-64): 7-9 hrs
- Older adults (65+): 7-8 hrs

22

## The 8-Great Sleep Tight Tips: Sleep Hygiene is key!

1. Have a sleep schedule
2. Eliminate caffeine especially after 2 pm (some may need to eliminate it all together for best results)
3. Limit alcohol, especially 3 hours before bed
4. If exercise keeps you up, exercise in the earlier part of the day
5. Get some sensible sun in the early part of the day
6. Wind down 1 hour before bed, dim lights, turn off electronics.
7. Eat a balanced diet
8. Eat a varied diet



23

## Tea Time!

Chamomile Tea  
may help promote sleep



24

## Hot Cup of Milk

- There is not a lot of evidence showing that a hot cup of milk is helpful for sleep
- However, this is a remedy that has been passed down through generations, so it may be worth giving it a try

25

## Calcium



- May calm the nervous system
- Associated with
  - less difficulty falling asleep
  - More restorative sleep



26

## Calcium Rich foods

low fat and fat free dairy products, salmon with bones, soy foods, leafy green vegetables, enriched food products, sardines, almonds, poppy seeds

27

## Vitamin D, the Mediterranean Diet and Sleep

- Vitamin D
  - May help with maintaining sleep
- Mediterranean Diet associated with less risk for insomnia
  - American Geriatric Psychiatry
- More difficulty falling asleep with a higher intake of hexadecenoic acid, a saturated fat found in meat, cheese, milk and butter

28

## Chocolate, tomatoes, bananas and your sleep!

- **Theobromine:** Associated with daytime sleepiness
  - Sources: Cocoa/chocolate, tea
- **Lycopene:** May help with falling asleep
  - sources: tomato, tomato products, red fruits and vegetables such as watermelons, pink grapefruits, apricots, and pink guavas
- **Potassium:** Associated with less daytime sleepiness
  - sources: banana, sweet/white potato, spinach, beets, black/white beans, butternut squash, edamame, swiss chard, salmon
- **Total Water** (and less of other types of beverages) associated with healthy sleep, and less non-restorative sleep and less daytime sleepiness.

29

Copper and zinc deficiencies may affect your sleep.

30

### Copper Rich Foods

pecans, sesame seeds, cashews, peanuts, cremini mushrooms, soy products, barley, sunflower seeds, garbanzo beans

31

### Zinc Rich Foods

lean beef, spelt, scallops, sesame seeds, pumpkin seeds, oats, yogurt

32

### Iron

Iron deficiency can trigger restless legs syndrome, which can affect your sleep. Check with your doctor to see if you may be deficient

**Iron rich foods:** lean beef, beans, sunflower seeds, tofu, whole grains, oysters, light tuna, chicken, turkey, raisins, fortified food products such as cereal

33

### Magnesium Rich Foods

Magnesium may increase good quality sleep



**Magnesium rich foods:** nuts, sunflower seeds, whole grains, spinach, beans, bananas, dairy products, raisins

34

### B Vitamins

- B vitamins play a role in various mechanisms that affect sleep
- Some foods with B vitamins: whole grains, cereals, nuts, potatoes, broccoli
- If you take B vitamins in supplement form, take early in the day as they may have a stimulating effect

35

### Tart Cherries

Small studies have found that tart cherry juice reduced the severity of insomnia in study participants. This may be due to the presence of natural melatonin in cherries

36

## **Are night sweats interfering with your sleep?**

Soy foods may reduce hormone-related night sweats. Try edamame (soy beans), roasted soy nuts, tempeh, tofu, soy milk, and soy-based veggie burgers

37

## **Spices for better sleep**

Nutmeg, turmeric, garlic, parsley, dill, sage and basil may promote sleep

38

## **Questions?**



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39