

# Health Word at the 3rd

## GREETINGS

Greetings from the Third Baptist Church Health and Wellness Ministry!

This issue will answer the health myths or facts from the last edition, discuss the importance of a healthy sleep regimen, and share ideas for celebrating the 12 Days of Christmas.



## UPCOMING EVENTS

### WELLNESS SUNDAY

January 26, 2020

*immediately following service*

### AMERICAN HEART MONTH

February 2020

*Informational display in the Fellowship Hall*

## MYTH OR FACT

MYTH!

**Eating too much sugar can cause diabetes.**

*A person that has been diagnosed with pre-diabetes or diabetes has to watch how much sugar they eat. In other cases, your body will produce insulin to keep your blood sugar in normal range. It is still best to minimize the calories from this food group because of other factors, such as weight gain.*

FACT!

**An aspirin a day helps keep the doctor away.**

*Aspirin can be helpful for occasional aches and pains. Aspirin 81 mg (low-dose or "baby" aspirin) is also recommended to prevent more serious events like a heart attack or stroke, but ONLY IF your doctor instructs you to take it. It is a blood thinner, so it can be harmful for some individuals.*



**Third Baptist Church**

**1214 Victoria Blvd**

**Hampton, VA 23661**

**Health and Wellness**

**Quarterly Newsletter**

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*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

**3John 1:2 NIV**

## SWEET DREAMS

Do you remember dreaming last night? Most likely, you did, but it's hard to recall, and that is normal. Your body goes through 4 stages of sleep each night and different things happen in each stage.

STAGE 1	STAGE 2	STAGE 3	STAGE 4
Light sleep, easily woken	Brain waves slow down	Deep sleep, hard to wake	REM (Rapid Eye Movement)
Lasts for several minutes	"Power nap" goal range	Muscle repair, gain energy, growth development	Dreams occur
"Catnaps" occur			5-6 cycles each night

Newborns sleep 14-17 hours a day! It's so important for their developing minds and growing bodies. As we age, we adapt to doing more with less sleep, but should still **aim to get 7-9 hours of continuous sleep each night.**

**Here are some helpful sleep tips to minimize disruption and maximize your activity level:**

- ◇ Try going to bed and waking up at the same time each day, even on the weekends.
- ◇ Minimize noise in your bedroom, unless it is a calm soothing sound, such as white noise. Avoid sleeping with the TV on.
- ◇ Turn or dim lights at least 30 minutes before bedtime. This includes cell phone lights which stimulates brain activity.
- ◇ If you nap, limit it to 30 minutes maximum and make sure it is at least 4 hours before bedtime.
- ◇ Avoid excessive eating and drinking 2-4 hours before bedtime so you won't be uncomfortable.

**MYTH OR FACT:** If I stay awake late each night, I can make it up on the weekends.

*(Answer will be in the next newsletter)*

## 12 DAYS OF CHRISTMAS



The holidays are a joyous time to share with family, friends, and coworkers. This time is also somber for those with limited movement and activities and for those who reflect on memories of lost loved ones. As we remember that **Jesus is the Reason for the Season**, let's take this time to be a blessing in the lives we impact. Here are 12 small tokens of gratitude that can leave a lasting impression.

**Day 1: December 14th**  
*Send a friend a Christmas card*

**Day 2: December 15th**  
*Hang a Christmas wreath*

**Day 3: December 16th**  
*Bake cookies for a youth group*

**Day 4: December 17th**  
*Give a family member a tree ornament*

**Day 5: December 18th**  
*Give a friend a tree ornament*

**Day 6: December 19th**  
*Visit a neighbor to say Happy Holidays*

**Day 7: December 20th**  
*Leave your mailperson a gift card*

**Day 8: December 21st**  
*Sing Christmas Carols with neighbors*

**Day 9: December 22nd**  
*Pray with your church family*

**Day 10: December 23rd**  
*Pray with a friend*

**Day 11: December 24th**  
*Pray with your family*

**Day 12: December 25th**  
*Invite a friend for Christmas Dinner*

