

# Week 9 News

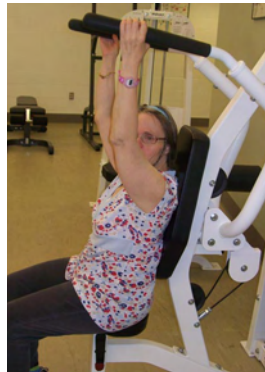
NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

## Sleep and Exercise

We have talked about the importance of sleep.

- Sleep can keep you in good health.
- Sleep can prevent injury and illness.
- Sleep can keep your body functioning.
- We need about 7–9 hours of sleep a night to help us think clearly.
- We may need more sleep if we are sick or stressed.

**Exercise can help us sleep better at night!**



We are still doing our exercise program. This week we tried a new exercise video.



## Steps for Solving Problems

Some problems are best resolved by using negotiation skills to reach a compromise (each person feels good about the outcome).

First, it is helpful to talk about your problem. Next, think of what you want to change.

What will you settle for if you cannot have your first wish, and what are you willing to give up in return? Decide what you are not willing to change.

This step is easier when you really know yourself.

Find out what the other person wants most or will settle for in the situation, then reach an agreement with the other person that makes you both feel okay.

## Can I Exercise if I Have Been Sick?

### Not feeling too well?

If you...



Feel tired, sleepy,  
or dizzy



Feel cold, and  
you are shivering



Have a sore throat



Have an aching body



Have a runny nose



Have no appetite

### Stay away from physical activity (exercise).

- Continue light exercise only 4–5 days after you feel better.
- If you are sick for a long time, wait 2–4 weeks before you start exercising again.