



# The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

@knustwellness   
 @knust\_wellness\_centre   
 KNUST Wellness Centre  
<http://wellness.knust.edu.gh>   
 032 219 1673

## THE POWER OF BEAUTY SLEEP: HOW ADEQUATE REST IMPACTS WELLNESS AND WEIGHT LOSS FOR BUSY PROFESSIONALS

- DR. UKPONG NWANKO, MD

In the fast-paced world of busy professionals, achieving and maintaining a healthy lifestyle can be a challenging task. Among the numerous factors influencing wellness and weight loss, one often underestimated aspect is sleep. Sleep is not merely a time of rest; it is a vital process that plays a significant role in our physical, mental, and emotional well-being. When you consistently get enough quality sleep, your body functions at its best, and this has numerous positive effects on your overall wellness. These effects include:

- **Improved Cognitive Function:** Sufficient sleep enhances cognitive abilities, including concentration, memory, and problem-solving skills. As a busy professional, this can boost productivity and efficiency.
- **Hormonal Balance:** Sleep plays a crucial role in regulating hormones that influence appetite, metabolism, and stress. When you don't get enough sleep, it can lead to imbalances that affect weight management.
- **Enhanced Mood:** Adequate sleep helps stabilize mood and reduces the risk of anxiety and depression, both of which can impact emotional eating and hinder weight loss efforts.
- **Immune System Support:** A well-rested body has a stronger immune system, which helps protect you from illnesses and supports overall health.

- **Physical Performance:** For people incorporating exercise into their weight loss journey, sleep is essential for muscle recovery and maximizing workout results.
- **Sleep and Weight Loss:** For busy professionals aiming to lose weight, sleep can be a game-changer. Several studies have demonstrated a strong connection between sleep duration and weight management:
- **Appetite Regulation:** Sleep deprivation can lead to an increase in ghrelin, the hormone that stimulates hunger, and a decrease in leptin, the hormone that signals satiety. As a result, sleep-deprived individuals often feel hungrier and tend to overeat.
- **Impulse Control:** Sleep plays a vital role in decision-making and self-control. When you're well-rested, you are more likely to resist unhealthy food temptations and stick to your dietary plan.
- **Energy Balance:** Lack of sleep can lead to fatigue and decreased physical activity, making it harder to burn calories and achieve a negative energy balance necessary for weight loss.



### DID YOU KNOW?

Drinking at least five glasses of water a day can reduce your chances of suffering from a heart attack by 40%.

# CONGRATULATIONS

## DEE'S CORNER

### REASONS TO GET IN SHAPE & EXERCISE MORE

-MR. DOMINIC OFORI  
(FITNESS COACH, KNUST WELLNESS CENTRE)



We celebrate,  
**Mrs. Cassandra Edna Enniful**  
of University J.H.S in a special way for  
her consistency and determination  
towards the Saturday Walk. You have  
been with us through this journey.

The KNUST Wellness Centre  
appreciates your effort and your  
participation.

## Ayekoo!!!

...Continued from VOLUME 8

What "getting in shape" means to me is you have a baseline of (1) strength, (2) muscular endurance, (3) cardiovascular capacity, and (4) flexibility to lead a fuller, healthier life. If you are weak in one of these 4 areas, then my "Akontas", Sisters and friends, you have a gap to fill.

- **Improves Confidence:** While appearance certainly isn't everything, getting in better shape can help you look a lot better, and improve your confidence.

- **Prevents Alzheimer's:** The latest research indicates exercise can keep the brain sharp into old age and might help prevent Alzheimer's disease along with other mental disorders that accompany aging.

- **Gastrointestinal Tract Benefits:** Exercise is beneficial for persons suffering from cholelithiasis and constipation. Physical activity may reduce the risk of diverticulosis, gastrointestinal hemorrhage, and inflammatory bowel disease.

- **Improves Focus:** Exercise helps improve your brain's ability to concentrate, remember, visualize, plan, and solve problems.

- **Reduces Anxiety and Depression:** Exercise is a great mood elevator to help you manage stress and reduce anxiety.

- **Increases Functional Strength:** From getting out of a chair, to lifting an object off the ground, our bodies can perform daily activities better.