



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%.

THE NUTRITION CORNER

PUMPKIN SEEDS

BY: POONAM SACHDEV, MD
WEBMD.COM

Pumpkin seeds have a long history of nutritional use dating back to the Oaxaca Highlands of Mexico over 7,500 years ago. Across many cultures, they've been used as a folk remedy to treat:

- Urinary tract and bladder infections
- High blood pressure and blood sugar
- Kidney stones
- Parasites like worms

Modern science confirms that pumpkin seeds have an impressive nutrient profile that benefits many aspects of your health. They are a rich source of protein, unsaturated fatty acids, vitamins, and minerals that reduce risk factors of chronic diseases, including cancer. Pumpkin seeds are high in calories, so limit your portions to help manage a healthy weight.

HEALTH WALK SECTION

We believe that in this period of less workload, staff can take advantage to take care of their bodies by engaging in physical activities like walk and aerobics. Hence, the KNUST Wellness centre is inviting staff and family to the Saturday walk and aerobics.

DEE'S CORNER

REASONS TO GET IN SHAPE & EXERCISE MORE

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

...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.