

HEALTH AND HUMAN SCIENCE NEWSLETTER



BITE-SIZED WISDOM WITH AMANDA

Spring Forward with Better Sleep

As we prepare to "spring forward" with the arrival of Daylight Saving Time on March 9th, it's important to consider how the time change affects our sleep patterns and overall health. Losing an hour of sleep can disrupt your body's natural rhythm, potentially leading to fatigue, difficulty concentrating, and even an increased risk of heart-related issues.

To adjust smoothly, try gradually shifting your bedtime earlier by 15 minutes each night leading up to the time change. On the day of the switch, spend some time in natural sunlight to help reset your internal clock. Avoid caffeine in the afternoon and evening, and establish a relaxing bedtime routine, such as reading or taking a warm bath, to signal to your body that it's time to wind down. Getting enough rest is vital for both physical and mental well-being, so take the opportunity this month to reset your sleep habits. By easing into the time change and focusing on sleep quality, you can set yourself up for a more energized and productive spring season.

CURRENT/UPCOMING COMMUNITY PROGRAMS:

BE HEART SMART

FEBRUARY 5,12,19,26 5-7PM
HENDRICKS COUNTY 4H
GROUNDS AND COMPLEX

COOKING WITH HERBS AND HERB BENEFITS

MARCH 13, 6-7
BROWNSBURG PUBLIC
LIBRARY

CHEF UNIVERSITY

MARCH 26, 27
HENDRICKS COUNTY 4H
GROUNDS AND COMPLEX

A MATTER OF BALANCE

APRIL 8,15,22,29, MAY 6, 13,
20.27
HENDRICKS CO. GOVERNMENT
BUILDING

NATIONAL NUTRITION MONTH!

Celebrating the Power of Food



March is National Nutrition Month, and this year's theme, "Food Connects Us," is all about how food brings people together. Whether it's sitting down to a family meal, trying new recipes from different cultures, or sharing food traditions, food has the power to strengthen relationships and connect us with others. This month, think about how you can make healthier food choices that not only benefit your body but also help create those meaningful moments with the people around you.

Fill your plate with fruits, veggies, whole grains, and lean proteins to support your health while enjoying the connections food helps create. After all, eating well is about nourishing your body and your relationships!