

myFitness NEWS

For all myFitness Waterloo Member & Sun Life Employees



Weekly Recap

Last week we launch registration for the #myFitnessRace to July! You can still sign up for this program [HERE](#). But only until the end of day Monday - registration will be close on Tuesday.

Follow along on [Instagram](#) & [Facebook](#) to get highlights of the weekly activities!

Why & How to Get Better Sleep

Are you focused on quality, restful sleep? While it's not always possible to get the full 8 hours, getting the best sleep you can, is really important, not only for your energy levels.

Better sleep can mean your mood gets a boost. Lack of quality sleep can increase risk of depression and anxiety. While that might not surprise you, your also need sleep for so many other things like a healthier heart because sleep improves and maintains good blood pressure.

For those fitness folks (YOU!), sleep can greatly improve athletic performance by improving your bodies repair and restore mechanisms needing to get the benefits of a tough workout.

Other things good sleep helps with: immunity, weight control, blood sugar balance, improves memory, concentration and productivity.

It's not JUST about how much sleep you get, but also your sleep quality. Restless sleep for 8 hours might not be as beneficial as restful sleep for 6 hours! Now that you understand the benefits of getting good sleep - how can you make sleep happen!?

Adjust Alcohol and Caffeine

This one hurts - but you don't need to cut it all out. When it comes to caffeine be very cautious about WHEN you consume it. Avoid it 6 hours before bed time! When it comes to alcohol, it changes your sleep patterns, and more importantly, sleep quality!

Schedule your sleep

Going to bed at the same time, and waking up at the same time is most ideal when it comes to sleep hygiene. Instead of hitting snooze, commit to getting up and out of bed when you set your alarm and leave just one day where you add an hours or two onto your schedule.

Get outside

Exposing your eyes to natural light ASAP after waking up can help reset the body and get your back into rhythm.

Put the Phone Down

Avoid looking at screens for ideally 30 minutes before you got o bed to reduce blue light exposure.

Create a bedtime routine

Have a sleep cup of tea, read a few pages of a book, and go over gratitude. Create some kind of positive sleeping routine that helps you get in the zzzzzzone.

Optimize the bedroom environment

Keep your room dark, cool and reduce noise along with artificial light.

IN THIS ISSUE

WEEKLY RECAP

HOW AND WHY TO GET BETTER SLEEP

UPCOMING

WEEKLY GROUP FITNESS SCHEDULE

WEEKLY CHALLENGE

Upcoming Challenges

JOIN the #myFitnessRace to JULY NOW!

Weekly Group Fitness Schedule

Check out all the links to the Zoom Rooms below for easier access!

- | | |
|------------------|--|
| Monday | <ul style="list-style-type: none"> - 11:30am Stretch Break - Zoom (ID: 443 973 3096). - 12:15pm HIIT - Facebook Live |
| Tuesday | <ul style="list-style-type: none"> - 8:00am TABATA - Instagram Live - 9:30am Instagram Challenge - 11:30am Stretch Break - Zoom (ID: 443 973 3096). - 12:15pm Bootcamp - Zoom (https://sunlife.zoom.us/my/drewjolly) - 5:00pm Abs Express - Facebook Live |
| Wednesday | <ul style="list-style-type: none"> - 9:30am Instagram Challenge - 11:30am Stretch Break - Zoom (ID: 443 973 3096) - 12:15pm Cardio Boxing workout - Facebook Live - 4:30pm Yoga - Zoom (pre-registration required! - EMAIL to get info!) |
| Thursday | <ul style="list-style-type: none"> - 8:00am Rock Bottom - Instagram Live - 9:30am Instagram Challenge - 11:30am Stretch Break - Zoom (ID: 443 973 3096) - 12:15pm HARD CORE workout - Zoom (https://sunlife.zoom.us/my/drewjolly) - 5:00pm Zumba - Zoom (ID: 158 546 089 / Password: 625245) |
| Friday | <ul style="list-style-type: none"> - 8:00am Abs Express - Facebook live - 9:30am Instagram Challenge - 11:30am Stretch Break - Zoom (ID: 443 973 3096). - 12:15pm Tabata - Facebook Live |



www.myfitnesswaterloo.ca



www.instagram.com/myfitness_waterloo



www.facebook.com/myfitnesswaterloo

WEEKLY CHALLENGE

Call a Friend and Chat!