

UNC Wellness Centers

Talk to Me Tuesday!

Energize Your Life

June 23, 2020



5/20/20

Health Education Team:

Susan Chesser, Health Educator

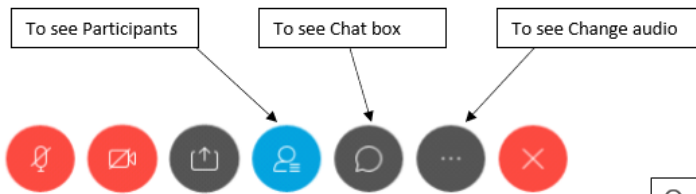
Britt Schuman-Humbert, Clinical Dietitian

Liz Watt, Clinical Dietitian

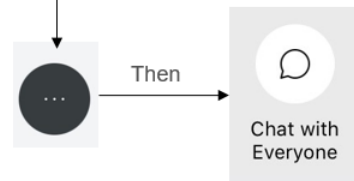
Julie McNamara, Certified Health and Wellness Coach

Chat In!

Other Settings



On Phone/Tablet: To chat
Click here



Energy Boosters vs. Energy Drains

What are some of your **energy** boosters?



What are some of your **energy** drains?



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Let's talk about Movement

What are **words** that describe a day when you do not move very much?

What are **words** that describe a day that you are moving, playing, exploring, dancing, etc?

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Why do you Workout or Stay Active?

We are motivated more by how we...

FEEL



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Getting through this together...

- More than endorphins
- A body in motion
- Learning mindset
- Joy in unity

*Create your
own energy.*

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Nutrition

- Energy
- Resting Metabolic Rate (RMR)
- Undernutrition



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Snacks and Schedule

- Snacks
- Schedule
- Don't skip meals



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Hydration

- Amounts vary
- Impact of dehydration
- Electrolytes



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Sleep is ACTIVE not passive

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Why is Sleep Important?

- Healthy Brain Function
- Emotional Well-being
- Physical Health
- Daytime Performance and Safety



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How Much Sleep Do I need?

Age and condition	Sleep Needs
Newborns (0–2 months)	12 to 18 hours
Infants (3–11 months)	14 to 15 hours
Toddlers (1–3 years)	12 to 14
Preschoolers (3–5 years)	11 to 13 hours
School-age children (5–10 years)	10 to 11 hours
Adolescents (10–17 years)	8.5 to 9.25 hours
Adults, including elderly	7 to 9 hours

Sleepfoundation.org

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Need additional support?

- Contact Julie at Julie.McNamara@unchealth.unc.edu
- Contact Susan at Susan.Chesser@unchealth.unc.edu
- **Virtual Nutrition Counseling is available.** New members receive a complimentary 30 minute session.
- **Web Wellness Program** – This 10-week program offers regular virtual support from the dietitian. The program starts with an initial virtual nutrition consultation and provides weekly support through email and electronic tracking methods.
 - Contact Liz at Elizabeth.watt@unchealth.unc.edu
 - Contact Britt at Britt.Schuman-Humbert@unchealth.unc.edu

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Coming Up Next!

June 30: Mindset Matters: How to Be Mindful in the Midst of Crisis. Changing your mindset and being more mindful are ways that we can get a handle on the things that we *can* control. Join this session to explore mindful eating, breath awareness, and mental flexibility to improve coping with life stressors.

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We want your Feedback!

Email Julie.McNamara@unchealth.unc.edu



1. How would you rate the effectiveness of today's session to educate and support you?

5-Excellent 4-Very Good 3-Good 2-Fair 1-Poor

2. What future topics would you like to see? Other suggestions?

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