

SELF-CARE STRATEGIES FOR WOMEN

GET A GOOD NIGHT'S REST



When it comes to sleep, it seems women aren't getting enough. Careers, family and household tasks often take precedence over getting the recommended 7.5 hours. Sleep problems affect more women than men. One in four women has insomnia symptoms, such as trouble falling asleep, trouble staying asleep, or both.

Fortunately, sleep can improve by tweaking your bedtime routine. First and foremost: Make sleep a priority.

IMPROVE THE QUALITY OF YOUR SLEEP:

- Follow a sleep schedule—go to bed at the same time every night.
- Keep naps under 30 minutes and before 3pm.
- Lower the bedroom temperature and keep the room dark and quiet.
- Limit caffeine at least five hours before bedtime.
- See your doctor or a sleep specialist if you think you have a sleep problem.

Sources:

<https://www.sleepfoundation.org/articles/women-and-sleep>

<https://www.webmd.com/women/features/secret-causes-insomnia-what-every-woman-should-know-sleep-problems#4>

EXERCISE FOR BONE HEALTH



Osteoporosis is a concern for both women and men, but women are at a greater risk when estrogen, a hormone in women that protects bones, decreases sharply after menopause. This can lead to bone density loss and increased risk of fractures.

BUILD STRONG BONES

Resistance training not only builds muscle mass, it also strengthens bones. Bone is formed when a load is placed upon it, and when a muscle contracts, it pulls on the bone. Bone cells migrate to the stressed area and begin the process of laying down new bone.

BONE BUILDING ACTIVITIES

The body builds bone where the load is applied. Weight bearing activities such as walking, jogging or squats will build bone in the lower body. Activities such as tennis or weight lifting will create a load for the muscles and bones of the upper body.

Resistance training isn't limited to the gym—a pair of dumbbells, body weight or a resistance band offers a variety of bone building exercise options!

Sources:

<https://www.livestrong.com/article/133645-how-does-exercise-increase-bone-density/>
<https://www.health.harvard.edu/staying-healthy/strength-training-builds-more-than-muscles>

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ENJOY A BALANCED DIET

Women have special nutrient needs which change with each life stage. Nutrient-rich foods, found in a healthy balanced diet, provide energy, vitamins and nutrients to sustain a woman's busy lifestyle.



Nutrient	Sources	Function	Women's nutrient needs
Iron	Lean beef, fish, chicken, turkey, beans, leafy greens, baked potatoes, cashews	Iron transports oxygen-carrying red blood cells from the lungs to the rest of the body.	Iron is one of the keys to good health in women prior to menopause.
Folate and Folic Acid	Citrus fruits, leafy greens, beans and peas	Folate is a B vitamin. Folic acid is vital for making red blood cells, as well as the synthesis and repair of DNA and RNA.	This is especially important during pregnancy and breastfeeding, when the need for folate increases
Calcium	Milk, yogurt and cheese, sardines and tofu	Calcium keeps bones strong and helps to reduce the risk for osteoporosis.	The need for both calcium and vitamin D increases as women get older to maintain strong bones.
Vitamin D	Fatty fish, such as salmon or mackerel, and eggs	Vitamin D aids in the absorption of calcium.	

Sources:

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/healthy-eating-for-women>