Exercise IV

A growing body of research suggests that sleep – a vital ‘activity’ for brain health

We all know the brain is active when we’re awake (perhaps more active for some of us than others 😊). But we don’t often appreciate how active the brain is when we sleep. A growing body of literature is helping us better understand how important sleep is for the brain. For years we’ve known that memory improves after a period of sleep. At first, research focused on movement-based memory (piano playing, bicycle riding), but we now know that sleep improves other types of memory as well. Deep sleep allows our brains to engage in uninterrupted neural replay of newly acquired information. MRI studies of the brain have found that the specific parts of the hippocampus (an important site for new memory formation) which are activated when we are learning new skills or knowledge are exactly the same sites that are active during slow wave sleep the following night. Furthermore, the extent of the hippocampus activity during sleep influences how much learning shows up the following day! It’s called memory consolidation and represents an important benefit of sleep. But it’s not just memory that is affected when we’re sleep deprived. Studies have found that sleep deprivation nearly always diminishes creativity, innovation, and flexible thinking. And if that’s not enough to get you to bed, there’s more. Sleep deprivation appears to off-balance the reward / punishment systems of the brain. We are more likely to seek pleasure and take risks (reward), but we no longer fear the potentially negative outcome (punishment). Moral judgment is impaired and we find sleep deprived individuals often making choices that under normal conditions would violate their own moral standards. Bottom line? Our need for sleep is ALSO part of God’s design - for a whole lot of reasons!

 Messiah Goes to the World Cup! (sort of…)

One way Messiah employees can earn wellness points is by participating in a regular program of exercise for 6 weeks and recording the workouts. The exercise can all be done on your own but the recording must be done on the Café Well website. The first 6-week phase has already begun, but we will be doing four different 6-week phases throughout the year. In honor of our highly successful women’s soccer program at Messiah and the upcoming women’s World Cup this summer in Canada, we will track our accumulated mileage. For every 1054 miles we exercise, we will symbolically ‘send’ one of our women’s soccer players to the World Cup. How many players can we get there? After just two weeks, we have already sent two! You can join the program by clicking on the appropriate link below:

Walk - Click Here
Run - Click Here
Cycle - Click Here
Exercise - Click Here
Swim - Click Here

Check out the wellness webpage for the variety of ways you can earn wellness points this year.

http://www.messiah.edu/info/20897/wellness

Once there, click on 2014-15 Wellness Program Brochure

The new Qualtrics Wellness Completion Form

When you have accumulated 100 points go to the wellness webpage (see above) to locate the link for the completion form. BUT, you can only complete it once you have finished your 100 points. The form cannot be saved and returned to at a later time. Please only submit the form once- AFTER you have collected your 100 points.

Upcoming Wellness Workshop You Won’t Want To Miss!

Wed. Oct. 22 – 12:00-12:45 PM – “Finding and Evaluating Quality Health Instruction”
Presenter: Beth Transue, Librarian/Collection Development Coordinator

The workshop will be held in Parmer Cinema and will earn employees 15 wellness points