

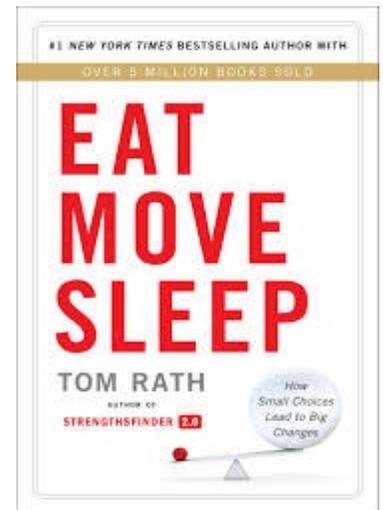
Eat, Move, Sleep

By: Tom Rath

What's it about?

In this book of well being, Tom Rath provides advice and research information that benefits and maintains personal health for upcoming years. Tom lives with an illness diagnosed more than 20 years ago, and explains to others, the importance of taking care of oneself.

Eat Move Sleep is a quick read that features the most proven and practical ideas from personal as well as science based research. This 30-chapter book is filled with subcategorized themes combined to best support the three major themes; eat, move and sleep. Each chapter in the book features researched and health proven lifestyle advice for the reader to incorporate into their daily life. Rath refers to personal experiences as well, so the reader feels they can relate which makes the reader to read on. Eating right is not enough, just exercising is insufficient and sleeping well, is not adequate by itself. When you place all your energy on only one of these themes, it often comes at the expense of another. It is crucial to think about all these elements as part of a whole.



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Investing in Health

It is no secret that we have created an unsustainable lifestyle, a lifestyle for many who have preventable diseases. Our lives are focused around food; salty, fried, sweet, and lets not forget, alcohol. We are quick to give up the trip to the gym or a few hours of sleep to socialize. What we don't realize is this sleepless and diet crushing

food lifestyle is killing us slowly. We need to realize that every bite of a piece of fried food or every puff of a cigarette puts a risk on our lives. Becoming healthier means enjoying days and living longer. Rath explains in his book, every bite counts and could go against spending energetic, healthy days with those you love.

“Making better choices takes work. There is a daily give and take, but it is worth the effort.”

Eating Out

It's no secret that eating out is a diet crusher. It's common for restaurants to overload their dishes with salt and unnecessary amounts butter to have the customer return. Rath provides the following tips to enjoy going out without feeling guilty or bloated after;

- When ordering a sandwich, ask for the contents on romaine lettuce and skip the bread.
- Ask for salad dressing on the side.
- Avoid salty sauces like soya. And butter.

Eating

Give up on fad diets! They don't work! They are only temporary. Rath recommends small changes, that reap benefits over time such as giving up sugar in coffee, or if that's too much, half sugar instead of the full serving. Good health is all about many small decisions. Throughout the book, he gives advice on the healthiest options, proper snacking servings, and avoiding sugar at all costs. He recommends a high-protein breakfast to fuel energy for the day. He categorizes carbohydrates as fat causing. While Rath's perceptions on carbohydrates comes across negative, he makes a good argument that rice, bread and pasta is the cause of obesity in Americans. Paying attention to appropriate grains and ones to avoid is key for eating healthy. We've heard it many times before to pay attention to food labels and ingredient lists, but ultimately, it is very important for saving our life.



The book is all about tips and useful tidbits of information. The following is a list of how to start eating healthy and important information to consider before consuming certain food and drink;

- Birthdays are good excuses for celebrating with a piece of cake or dessert. But redefined sugar is not an excuse to sabotage your diet.
- One or two sweetened drinks can boost your chances of type 2 diabetes up to 25%, writes Rath.
- Latest research shows that having a daily cup of java can decrease depression and slow cognitive decline.
- When hosting a get together for friends, stay away from buying cookies or small cakes. Gear towards a fruit or veggie platter with a sweeter dip to satisfy the sugary craving.
- Be aware of the size of plate you're using at the dinner table. When larger plates are used, there is a notion that we feel the need to fill them.
- Use the handful rule when snacking in front of the television.
- Try to make meals last for at least 20 minutes. The hormones in your digestive system need approximately 20 minutes to send signals to your brain that you are full.

Tips for Eating Clean;

- Organic isn't always healthy, make sure you are aware of the other ingredients when something is gluten free
- go easy on the salt
- Eat your largest meal earlier in the day
- Throw away or re-gift candy gifts
- Eat by colour

Changing Routines

Rath explains that the choices and decisions you make today, will benefit you tomorrow and the right choices will eventually improve your odds of living longer and healthier. No matter how healthy you believe you are today, certain positive actions, small or big, have the potential to live longer. Changing daily routines for the better outweigh poor ones. Breaking a habit or changing routines are not easy tasks. Rath

continues to explain that the best overall test is to test yourself every three months, six months and a year and ask yourself if you are making better choices and can you sustain these changes for years to come. The resolution can be as simple as not allowing any chips in your shopping cart when you go grocery shopping. That way you don't have the option to go off the wagon when there are no chips in your home.

Wellness in the Workplace

Wellness in the workplace has been an increasing topic. Leaders of organizations need to focus on building a culture of health. Rath explains that our workplace is the most influential network in our lives. At the end of the day, your health is number one. If more people recognized that coming to work ill, does not benefit anyone and only makes situations worse, less people would be sick. Leaders need to practice these common sense rules and encourage wellness. If your workplace offers stress reliever activities, take them, they were offered for a reason.

Supporting Students

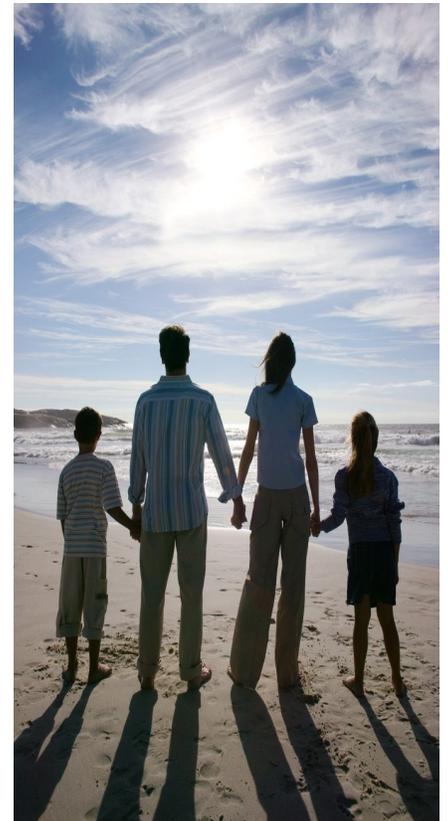
Speaking from a teachers standpoint, when we take care of ourselves, our students are happier and healthier. Students notice when their teacher is out of sorts and ill. Ultimately, we are advocates for our students so when we are not feeling ourselves, it's tough to do our job effectively so not only are we hurting ourselves, but our students who rely on us. By promoting good health and wellbeing to our students, we are spreading the word to make the world healthier, one person at a time.



“Today, researchers have identified a strong link between children’s sleep patterns and their performance in the classroom. They found simply having a specific bedtime rule makes a profound difference. Children with higher sleep quality are more active and eat healthier foods. All of this research suggests we need to rethink sleep as a core family value.” Tom Rath

Health for Family

Families stick together and children look up to their parents. By demonstrating and practicing healthy everyday practices teaches our children to practice it as well. Living longer means more time to spend with loved one.



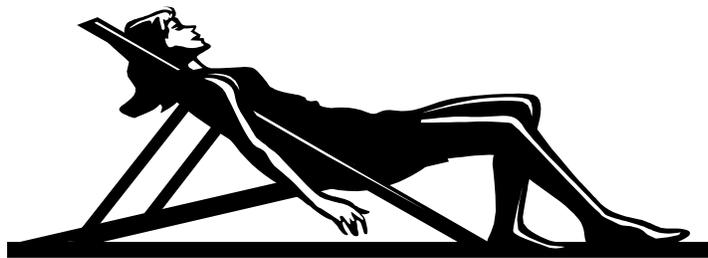
There is a typical mindset that you can accomplish more by cutting out time that would be used for sleep. This is quite the opposite of what would happen.

Sleeping longer tonight, leads to accomplishing more tomorrow. This is partially to do with memory. Studies have shown that sleep enhances memory. Things that you learn the day before, is filed into your brain for when you need it later.

Sleep

Rath advocates that sleep is essential for life, repair and performance at work. He provides suggestions on how to get better sleep through white noise and avoiding late-night electronic use. It's not about

the amount of time you sleep, but the quality of sleep that counts. While most of the adult population need between seven and eight hours of sleep, the quality of sleep differs.



Mental distractions such as worrying about an email or a term paper in the middle of the night can lead to sleep disruptions. The light from a computer or a phone suppresses melatonin (the sleep hormone) which is needed for good sleep quality.

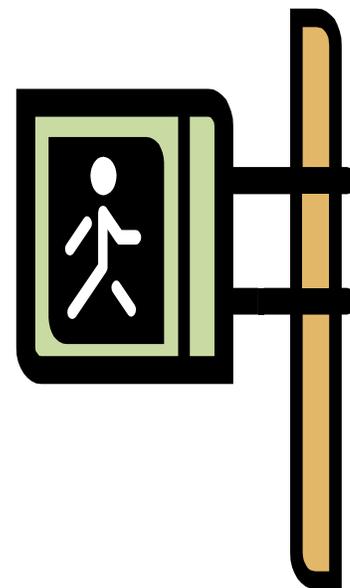
Tips for a Good Night's Rest

Here are some tips for increasing the quality of sleep;

- Turn down the room temperature 2 degrees lower than daytime room temperature
- Avoid bright lights a couple hours before bedtime
- Use dimmers for light switches
- Avoid all electronic devices an hour before bed time
- Avoid sleeping pills and exercise instead, no matter what time of day or night
- Avoid stressful situations an hour before bed. It can wait till tomorrow.

Exercise

The book advocates for small daily movement. Rath explained that focusing on taking 10000 steps a day or 70000 steps per week. It's not about exercise, but being active in little spouts throughout the day, can help overall health. The Fitbit device can be purchased at a reasonably low cost that reaps high benefits. As a key rule to provide extra exercise during a work day, use the 2 in 20 rule. Every 20 minutes of sit down work, get up and move for 2 minutes. That could be walking to the photocopy machine or using the washroom at the other end of the building.



“My challenge for you is to put your own health first every day. You have to put yourself first to have the energy to serve the people you love.”

Relationship between Weight Loss and Sleeping

Shedding a few pounds is one of the best ways to fight fatigue. Better sleep helps with weight loss over time. To begin, try swapping an hour of television for an hour of sleep. A study on this topic suggests that doing so could result in a loss of over 14 pounds over a year. It begins with your next meal! A day of eating right and sleeping well sets a positive cycle in motion.



Questions for
pondering after
reading

Eat Move Sleep

- How much change for you is sustainable?
- What influences in your life do you have to change your wellbeing?
- Reflect on your eating habits. What are the positive ones? Negative ones?
- If you kept a journal for a week on sleeping habits, what would it look like? Are you willing to try it?

Psychological Traps

There are certain trends that causes us to act on without realizing the negative effect it can have on our bodies. Rath explains that the first person to place an order with a waiter, sets the tone for the whole crowd at the table. Rath calls this an “anchor order.” If someone orders a deep fried appetizer, this gives everyone else more license to indulge. When someone orders a salad, it puts pressure on everyone

to pick healthy dishes. Psychological traps can be avoided all together by deciding on something nutritious before others announce their choices. Rath explains, “the more people you eat with, the more food you eat and one person can up your intake by 35 percent; more than four will boost it by a whopping 75 percent.”



“You cannot be anything you want to be - but you can be a whole lot more of who you already are.” - Tom Rath



Wellness Psychology

After reading, Eat, Move, Sleep it got me thinking about the lifestyle advice I was given from my chiropractor. She explained the concept of Wellness psychology. It's really quite simple and makes a lot of sense. She explained it as, “a way of responding to the challenges of life with positive expectancy and self-esteem, based on the awareness that our natural state is harmony and inner peace, if we can reduce or eliminate whatever is interfering with that state.” Wellness psychology is based on lifestyle decisions than the treatment of a professional.

Similar to what Rath explained in his book, rather than waiting for a symptom, focus on prevention.

“Learning to understand the events of

your life with positive realism gives you a perspective from which you can assign uplifting meanings to those events,” just like he did when he was diagnosed with a malignant tumour in his eye. Putting a positive spin on things sets an internal environment that is more likely to encourage overall wellness. There's more to wellness psychology than just positive thinking. Rather than waiting around for mental and emotional symptoms, you can be proactive and develop habits that make you mentally and emotionally healthier on an ongoing basis.

Source: Dr. Lisa Reinfort, Chiropractor, Winnipeg MB





Meet Tom Rath

Tom is a regular guy with a passion for research. He was diagnosed with a rare condition at a young age and since then, he has been devoted to wellbeing and wellness to prevent preventable conditions. He explains that he is no doctor, but has read hundreds of articles and experiments to have a strong argument to support the importance proper eating, quality of sleep and sufficient exercise maximizes wellbeing. Tom is married and has two children and focuses on his health to spend as many quality years with them as possible.

Why he Wrote [Eat Move Sleep](#)

Tom wrote this book because he was tired of seeing people suffer and die early when it could've been prevented. All around him, he saw people jeopardizing their wellbeing through poor diet choices, lack of movement and improper sleep patterns. He lost many friends and colleagues due to preventable conditions. He was encouraged to write this book from the numerous studies he read to prevent diseases such as heart disease, cancers, and obesity.