



The Stall Street Journal

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A Wellness Taskforce Publication for health news, events and resources.



How much is enough sleep?

For adults, **7-9 hours of sleep is ideal.** Although some people claim to feel rested on just a few hours of sleep a night, research shows that people who sleep so little over many nights don't perform as well on complex mental tasks as do people who get closer to seven hours of sleep a night.

eat right. Academy of Nutrition and Dietetics



National Nutrition Month[®] 2013



Learn more at www.eatright.org/nnm

Start Brown Bagging!

Stop waiting in line for too-expensive salads or sandwiches that pack on double your daily calorie needs. Instead try a:

5-Minute Turkey, Avocado, and Hummus Wrap

Ingredients

- 1 whole wheat tortilla
- 2-3 tablespoons red pepper hummus
- 3 slices low-sodium deli turkey
- 1/4 avocado, sliced
- Pickle slices

Directions

Spread tortilla with hummus, then layer on turkey, avocado, and pickle slices. Roll, then slice. Makes 1 wrap.



New York State Smokers' Quitline

1-866-NY-QUITS
www.nysmokefree.com
Call or click to quit

TECH TRACKING

Download an app to track your food & exercise!



PROVEN STRATEGIES

When you're ready to get serious about **quitting smoking** try these tips to get through the tough days:

- Sip Cold Water and Eat Small Meals
- **Brush Your Teeth Frequently**
- Remember Your Reasons for Quitting
- Be Active Every Day
- **Avoid Alcohol**