



Slow Cooker Oats

Plan ahead, and you'll enjoy a tasty and heart-healthy breakfast with this easy-to-make recipe. Just add the steel-cut oats and other ingredients to a slow-cooker before you go to bed.⁵ And in the morning, it's ready to enjoy.

Ingredients:

3 C water

1 C steel-cut oats

Toppings of choice to sweeten: cinnamon, honey, almond milk, walnuts, peanut butter, bananas, apples.

Directions:

1. Combine water and steel-cut oats in slow cooker.
2. Prepare topping choice to sweeten or flavor oats.
3. Cover with lid and set to "warm."
4. Let sit overnight, or warm for about 8 hours. No need to stir until ready to eat.

The Zzz Factor for Better Health When You're Stuck at Home

Aim for 7 to 9 hours of sleep per night

It's after midnight. You're watching infomercials, TV reruns, or one-star movies on Netflix. Maybe you're watching more COVID-19 updates. Or maybe you're awake with worry or doing stuff that can wait until tomorrow. Sound familiar?

If you're stuck at home, it's easy to get sucked into staying up late. But if that's a regular thing, it's time to take a closer look at the Zzz Factor...your sleep habits.

If you're not sleeping 7 to 9 hours a night, your health may be at risk. Lack of sleep can take a toll on your body, and it's not just fatigue. Poor sleep can also raise your risk for:⁴

- Accidents
- Age-related memory loss

- Certain types of cancer
- Depression and anxiety
- Diabetes
- High blood pressure
- Weak immune system
- Weight gain

7 Zzz-factor habits for a good night's sleep

Want to protect your health while COVID-19 runs its course? Aim for 7 to 9 hours of sleep per night. Here are six things you can do:

1. Keep a regular sleep schedule, even on weekends, or if you're not going in to work.
2. Avoid exercise within two hours of bedtime.
3. Avoid caffeine, nicotine, and alcohol in the late afternoon and evening.



4. Avoid going to bed on a full stomach.
5. Sleep in a dark, quiet, room with a cool, comfortable temperature.
6. Turn off all electronic devices at least an hour before bed.
7. Talk to your doctor about other ways to get adequate sleep. @

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Try This Fast Food for Better Health (continued from page 1)

Fun fact: The average American eats about 27 pounds of bananas a year. More than half of those are gobbled up at the breakfast table.

Daily dose: Most adults should eat 1-1/2 to 2 cups of fruit per day. But

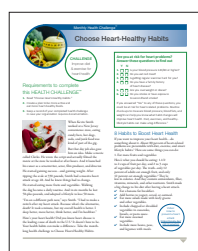
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Health benefits of bananas
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only 12 percent actually eat enough fruit. Not eating enough fruit? Try a banana. Just make sure the peel ends up in the garbage or compost bin. @

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Take the April Health Challenge!

Choose Heart-Healthy Habits: Improve diet & exercise for heart health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

How do you protect yourself from the coronavirus?

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