



## Week Four: Build a Better Life - The 30 Day Habit Challenge

Welcome to the fourth week of the *Build a Better Life - The 30 Day Habit Challenge*! Creating new habits takes time, repetition, and endurance. Push through the struggles but be gentle on yourself if you slip up. Just get back on track.

**Habit Challenge Smartsheets Form (Due Friday, November 1st):** This form is to help you track your personal habit journey throughout this challenge. The questions are meant to guide you through self-reflection with your habits as they change.



### Hold the Salt

The American Heart Association recommends an ideal limit of no more than 1,500 mg per day for most adults. Excessive sodium can increase your risk of high blood pressure which can lead to heart disease or stroke. According to the American Heart Association:

- 70% of the sodium Americans eat come from packaged, prepared, and restaurant foods.
- 97% of Americans do not know or underestimate how much sodium they are taking in with their diet.
- Breakfast, lunch, dinner, and snacks can add up to more than 4,000 mg of sodium for the day.

#### **Tips for reducing sodium:**

- Check the [nutritional fact label](#) on food
- Keep sodium in each meal between 400-500 mg
- Cut back on eating fast food, processed food, or at restaurants

Information obtained from: [American Heart Association](#)

#### **Additional Information from the American Heart Association:**

[Sodium Nutritional Facts Explained](#)  
[9 out of 10 Americans Eat Too Much Sodium Infographic](#)



### **Sugar**

Some sugar occurs naturally in foods such as fruit and dairy products. Then there are added sugars which are put in foods during preparation such as cakes, cookies, pop, etc. Added sugar has no nutritional value, our bodies do not need sugar to function properly. Added sugar can lead to weight gain.

#### **Tips for reducing your sugar:**

- Check the [nutrition fact labels](#) on food
- Avoid sugary drinks
- When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often, you won't notice the difference
- If you add sugar to your cereal or oatmeal try replacing it with fresh fruit

Information obtained from the [American Heart Association](#)

#### **Additional Information from the American Heart Association:**

[Sugar 101](#)  
[Tips for Cutting Down on Sugar](#)



### How to Sleep Better with a Bedtime Routine

Set an alarm for bedtime. Many cellphone features allow you to set an alarm for bed and morning along with some other features. Set your alarm so you have enough time for your bedtime routine.

As part of your bedtime routine, allow yourself about 15 minutes to prepare for tomorrow by setting out your clothes, packing your lunch, or preparing your gym bag. If you tend to stay awake thinking about things spend some time before bed creating a to-do list or just writing your thoughts down on paper to help clear them out.

Reading before bed is an excellent way to relax the brain, reduce stress levels, and fall asleep.

Avoid using your phone or computer before going to bed.

Information obtained from the [American Heart Association](#)