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Happy December! Some snow has come to let us know that winter is really here and with Thanksgiving over the shopping and decorating is underway. This year has been a challenge for us all. As we all set out to find the perfect gift for our loved ones, I hope you will all shop local, and help keep our shops open and our community going. Make sure to check out the wonderful shops throughout the corridor and surrounding communities.

This month has a few unique holidays to keep you in the holiday spirit. The 4th is Santa's list Day. (I hope you are on the nice and not the naughty list). Take a look at the Better Business Bureau tips on page 5. They have a few tips on how to shop safe this holiday season. Of course, December has some great food days. The 16th is Chocolate Covered Anything Day. This is a great day to get creative in the kitchen. See what new things you can find to cover with chocolate. The 17th is Maple Syrup Day and the 18th is Bake Cookies Day. Every year my daughter bakes a dozen different kinds of cookies and candies for everyone to enjoy. Take a look at Charlottes recipes this month. She has a lot of great ideas on what to do with any leftover cookies. If you have any.

This time of year seems to get busier with each passing day. Be mindful of what Christmas is truly about. For me it's about family and taking time to spend with them to know what they like, what is important to them and seeing the changes as they grow. I hadn't seen my grandson for a few weeks, and he has grown a foot and now taller than me. My grandchildren all seem to be towering over me. My newly turned 18-year-old granddaughter should still be 6 holding my had when I was sick. Time goes so fast, take time to see what they are becoming. That would be a great gift in itself.

I want to thank all of our advertisers and readers that have help keep our family magazine going. We truly appreciate each and every one of you. We look forward to a new year filled with health and prosperity.

God Bless



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*Happy Holidays from  
City Revealed Magazine!*

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you a very merry holiday season!  
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## BBB Knows Who's Been Naughty or Nice

We are the original go to site for unbiased, neutral and objective information on thousands of companies throughout the nation. Whether you need advice on making a seasonal purchase or help finding a contractor to work on your Derecho repairs, contact the BBB.

The thing that sets the BBB apart from the myriad of sites where consumers post their experiences is its long standing dispute resolution process. So far in 2020, the BBB serving the Corridor has received over 4700 complaints. We don't just report problems---we help solve them!

Through the support of BBB Accredited Businesses, BBBs work focuses on a trustworthy marketplace by maintaining standards for truthful advertising, investigating and exposing fraud against consumers and businesses, and providing information to consumers before they purchase products and services and, as noted, complaint handling if problems are encountered with those purchases.

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Our goal is to help you find businesses, brands and charities you can trust. We are passionate about fulfilling this goal because we believe that trust amongst consumers and businesses is vital to a healthy and productive community. And we love our communities because we all know that living in the Midwest is more than just a location, it's a way of life.

Founded over 100 years ago, BBB business profile reports and the complaint portal are available at [www.bbb.org](http://www.bbb.org). BBB operations professionals are also available to assist the public at our Iowa toll free number, 800-222-1600.





## ***Shop Local This Coming Holiday and Every Day***

Traditionally, the day after Thanksgiving has been known as Black Friday, a day that many large retail stores offer unbelievable deals to get you started on your holiday gift-giving venture. This year consider starting your local holiday shopping on Small Business Saturday instead. Held annually the Saturday after Thanksgiving, this is an awesome way to get your shopping started while supporting small, local businesses in your community. This year the day falls on November 28th. It is so important to shop small and local, this year especially. The businesses in our community need all of our support this coming holiday and every day. With the holiday season quickly approaching, make sure to look local when heading out to find that perfect gift for the special people in your life. Our community is full of amazing shops and restaurants ready for you.

### **When you shop local you do a lot for your community.**

**1. When you shop local you help to ensure and create local jobs.** Money spent in locally owned businesses builds a stronger business financially which then creates more employment opportunities, in-turn putting more money back into the community. When you make a

purchase at a small business, you are doing your part to stimulate the local economy.

**2. Your tax dollars stay local. Shopping at small businesses helps keep money within the community.** Your tax dollars then stay local, going toward public services, better schools, and libraries.

**3. Small businesses give back locally more often.** Small businesses are more likely to go beyond writing a check to a local cause and are more likely to get involved and develop a partnership with others. Local establishments often serve as community hubs for events and fundraisers, like a pizza parlor sponsoring a little league fundraiser for the neighborhood team.

**4. Shopping at one local business often helps other local businesses.** Many small businesses tend to offer products that are made in-house or locally; creating a ripple effect in the local economy by supporting essentially more than one local business with a purchase. Shoppers are also more likely stop by other independent retailers in the vicinity. Small business owners are also more likely



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to use other local businesses for their needs, such as local printers, accountants, attorneys.

**5. Small businesses offer a broader range and more unique products.** You don't want to sport the same look as your friends or have the same cookie-cutter furnishings. Small businesses can help you get away from the mass-produced items found at big box chains and help you find one-of-a-kind items for your home or unique gifts for your significant other. You'll also be able to find locally owned businesses that are more available for custom orders.

**6. Supporting locally owned businesses helps keep communities diverse and gives them distinctive character.** Can you imagine what it would be like to live in a place with nothing but strip malls and big box stores? Walkable town centers with small businesses add to the vibrancy and uniqueness of a community and are essential in keeping the small-town feel. By participating in Small Business Saturday, you're making sure independent businesses continue to thrive. It would be tough for the charming trinkets shop or the mom and pop deli around the corner to stay afloat without your patronage.

**7. Community decisions are made by more people that are actually living in the community.** Local business ownership ensures that important decisions are being made by people that will also feel the impact of those decisions.

**8. Entrepreneurship is the key to the future.** Encouraging local entrepreneurship fuels America's economic innovation and prosperity to build a better future. Small businesses attract an array of talented individuals that will learn more skills in the smaller setting leading to a better ability to adapt to situations and problem solve quickly. It is a stepping-stone for many to find their own business path and help families move out of low-wage jobs and into the middle class.

This upcoming season, and year-round, consider shopping at small, locally owned businesses more often. It's a great way to get better acquainted with your neighborhood and support the community that you live in.

Every Saturday and Sunday the NewBo City Market invites guest vendors into the Market. These small local businesses add even more flavor to the Market! Make sure to stop in and see what unique items you can find.





# Too Many Cookies?

## Here are 10 Ideas to Use Them Up!

1. Crush them and use as a pie crust.
  2. Put a scoop of ice cream between two cookies and wrap tightly - freeze and you will have homemade ice cream sandwiches on hand!
  3. Toss them in while making a milkshake.
  4. Make a cookie trifle.
  5. Garnish glass rims with crushed cookie crumbs - chocolate martinis, chocolate milk or even hot chocolate all work well with this idea!
  6. Make cake (cookie) pops!
  7. Top your yogurt for a special treat.
  8. Used crushed cookies as a topping or mix-in for ice cream.
  9. Burned the top of your pie? Take off burnt crust and crumble cookies on top!
  10. Dip in your coffee or tea!
- 

## Gingerbread Playdough Craft

Gingerbread Playdough is made of all edible ingredients and smells just like a delicious gingerbread cookie!

### Ingredients:

- 1 cup flour
- ½ cup salt
- 2 tsp cream of tartar
- 2 tbsp ground cinnamon
- 1 tbsp ground nutmeg
- 1 tbsp allspice (or ground cloves)

1 tbsp ground ginger

1 cup water

1 tbsp canola oil

Directions: Mix the dry ingredients in a large saucepan. Add the wet ingredients and mix over medium heat. Mix until the dough comes together and pulls up from the side of the saucepan. (Warning: this takes a while and is quite the arm workout!) When the dough comes together, remove from heat and hand knead the dough on a countertop until smooth. Store in an airtight container.





### **Doctor Up Ready to Bake Cookie Dough**

Charlotte Linde, Macaroni Kid EATS editor  
We are always searching for shortcuts and finding easy cookie recipes is no exception. We're not ashamed to mix in some store-bought with some semi-homemade and call it a day!

#### Ingredients:

- Roll of ready to bake cookies ( I used the chocolate chip ones)
- Pepita seeds (pumpkin seeds)
- Dried cranberries

#### Directions:

- Follow directions on the back of cookie package, add toppings and bake!

### **Craft a Snack: Winter Friends**

Having fun in the kitchen and letting the kids craft their own healthy snacks is not only fun but will most likely ensure that they will eat them! Who doesn't love penguins, reindeer, and snowmen? Here is what you will need:

#### Ingredients

- String cheese sticks
- Black olives
- Cherry tomatoes
- Pretzels (sticks and twisted)
- Deli ham slices
- Edible pen
- Carrots
- Whipped cream cheese
- Block cheese (we used mozzarella)



#### Penguin:

Carefully cut the black olives down the center lengthwise. Stuff with cream cheese. Cut carrots into small triangles for beak and feet. Cut small pieces of black olives for eyes. Cut a piece of deli ham into a strip and wrap for a scarf.

#### Reindeer:

Cut black olives for eyes and cherry tomato for the nose. Use whipped cream cheese as glue to place on string cheese stick. Break twisted pretzels to look like antlers and press into top of the cheese stick. Cut a piece of deli ham into a strip and wrap for a scarf.

### **Snowman:**

Slice blocks of cheese into 1/4 inch slices and cut out circles using a cookie cutter. Draw a face with an edible pen, use pretzel sticks for arms and slice black olives for buttons. Cut a piece of deli ham into a strip and wrap for a scarf.



### **5 Ingredient Dish - Applesauce Bake**

Charlotte Linde  
Prep time: 5 minutes  
Cook time: 60 minutes

#### Ingredients:

- 20 ounces of your favorite applesauce
- 1 cup of sugar
- 1 stick of butter
- 5 eggs
- 5 pieces of white bread torn into pieces (leftover hot dog or hamburger rolls work as well)

#### Directions:

- Pre-heat the oven to 350 degrees
- Put torn bread in the bottom of a greased casserole dish
- Put all other ingredients in a food processor and pulse just until butter is broken into small pieces. (about 5 quick pulses)
- Pour over bread and bake for 60 minutes



**Macaroni  
Kid**

Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids and Macaroni Kid Iowa City. Macaroni Kid and its family of Publisher Moms are dedicated to delivering the scoop on all the family-friendly events and activities happening in their area.

A dance mom (daughter) and all things sports mom (son), major foodie, wine lover, an idealist 24/7 - her mind never stops spinning - family first, sanity last. To subscribe to Charlotte's free local newsletter, please visit [www.cedarrapids.macaronikid.com](http://www.cedarrapids.macaronikid.com) (Cedar Rapids) or [www.iowacity.macaronikid.com](http://www.iowacity.macaronikid.com) (Iowa City) [charlottel@macaronikid.com](mailto:charlottel@macaronikid.com)



### Christmas Tree Pinwheel Wraps

Valarie Fisher  
Publisher of Macaroni Kid Roseville-Rocklin-Lincoln

You can put just about any kind of meat into a tortilla, add some cream cheese (flavored ones are great for this), and you've got a basic wrap. Wrap tightly, slice, and you've got a pinwheel!

How does refried beans, shredded cheese, and peppered turkey, with a little dash of hot sauce sound? If you spread it all out thin on the tortilla and roll it up tight, you can slice it for a southwestern pinwheel.

How about peanut butter, jelly, honey, and bananas? Or cream cheese mixed with cinnamon sugar, caramel sauce, and thin apple slices? These work great for kids! As long as you've got something that is a little "sticky" to help hold the roll in place, you're good.

Let's get festive!

For this pinwheel, we used green tortillas, ham, sliced pickles and cream cheese. Once they were rolled and cut, the pinwheels were arranged on a circle platter, with the circle stacks getting progressively smaller, making it look like a little Christmas Tree. We added some small grape tomatoes for garnish, and we were all set. So, what will you fill your pinwheels with?

### Sugared Cranberries

Heather Wirtz

These tart, sweet, crunchy little treats are a huge hit in my house - they disappear as soon as I make them! Sugared cranberries are a great snack and a perfect addition to any dessert. Try adding a few to your champagne or drink on New Year's Eve too!

Ingredients:

2 12-ounce bags fresh cranberries  
2 cup granulated sugar  
2 cups water, divided  
Additional sugar for rolling

Directions:

Wash cranberries and discard any damaged ones - set aside.

Line a baking sheet with parchment paper - set aside.

Combine 1 1/2 cups water and 2 cups sugar in a medium pot. Bring to a simmer and stir until sugar is completely dissolved, remove from heat.

Carefully stir 1/2 cup cold water into the dissolved

sugar water mixture.

Add fresh cranberries to the sugar water mixture and stir until coated.

With a slotted spoon, remove cranberries from the liquid and place in a single layer on a parchment lined sheet pan.

Let cranberries sit for an hour or until slightly sticky to the touch.

Pour sugar into a shallow dish and add a handful full of cranberries at a time. Roll berries around in sugar until fully coated.

Spread sugared cranberries out evenly on a baking sheet and let dry for an additional hour or two.

Store in a container at room temperature.



### Peppermint Eggnog

6 large eggs  
2 large egg yolks  
1/2 cup sugar  
2 tablespoons sugar  
1/4 teaspoon salt  
3/4 teaspoon pure peppermint extract  
1 tablespoon pure vanilla extract  
4 cups whole milk  
1/2 cup heavy cream

For glass rim, topping, and decoration:

15 peppermint candy canes broken into pieces  
Peppermint sticks  
Melting chocolate

Directions

Whisk together eggs, egg yolk, sugar, salt and the extracts in a large saucepan over medium-low heat until combined. Add milk, whisking until mixed fully. Cook on medium, whisking constantly until mixture registers 160 degrees or is thick enough to coat the back of a spoon, usually about 30 minutes. Pour milk mixture through strainers into a bowl. Set bowl in ice-water bath letting cool completely. Transfer to an airtight container, and refrigerate at least 4 hours or up to overnight.

Crush Candy Canes. Sift through a strainer to get rid of dust and put into a dish.

Melt chocolate in a bowl. Dip rim of each cup into melted chocolate then crushed peppermint, refrigerate until set.

Put cream into the bowl and whip on medium speed until stiff peaks form. Fold in custard and combine.

Fill cups with eggnog, sprinkle with crushed peppermint, and garnish with peppermint sticks.



# EAT|SMART

## This Holiday Season

### Daily tips to make this holiday season Healthy for Good™

Use these tips (one each weekday throughout December) to keep everyone focused on how we can eat smart, move more and be well this holiday season.

**1. Balance is the key.** You can enjoy some of the splurges of the season without overdoing it. For example, if you're going to miss your workout for a holiday event, walk during lunch or ride your bike to work. If dinner is going to be a feast, opt for a light lunch. Save your appetite for the big meal by skipping the appetizers or serving lighter snacks like cut-up fruits and veggies.

**2. Eat smart at special holiday events.** They often serve up extra helpings of less-than-healthy foods. If you're a guest, eat a healthy meal or snack before you go to avoid overdoing it at the event. If you're the host, challenge yourself to offer some delicious and healthier options using our recipes and cooking tips (your guests will thank you).

**3. Keep the family active.** When the kids are out of school, squeeze in some active chores and trips to the park. Break up the video game marathon with a physical activity break. Take advantage of cooler weather to get moving outdoors.

**4. Sip smarter.** Replace sugary drinks (including sodas, energy and sports drinks, sweet tea, lemonade and coffee drinks) with water or unsweetened tea and coffee to avoid excess calories. To make the switch easier, cut back the amount of sweetener gradually until your taste adjusts.

**5. Give yourself the gift of peace.** When the invitations pile up, don't be afraid to say no to some of them. If you need some down time to recharge for the next party, take a break. Do something that relaxes you, like yoga, meditation, reading, a warm bath or spending time in nature.

**6. Keep portions in check.** Enjoy your favorites without overeating. Put less on your plate and pass on that second helping. Split appetizers, entrees and desserts with others. Cut standard portions into halves or quarters before serving. Use smaller plates when possible so it will look like more.

**7. BYOB (be your own barista).** Opt for less-sweet homemade versions of sugary coffee drinks, hot chocolate and other holiday beverages. (You'll save money, too!) Swap out marshmallows and whipped cream with steamed or frothed low-fat milk.

**8. Keep up healthy habits.** Commit to staying healthy during the holidays. For example: "For the next three weeks I will move more and do something active every day, have a healthy breakfast and limit the sweets, and get at least seven hours of sleep each night." If you don't completely give up your healthy habits, you won't feel like you have to start all over once the holidays are in the rear-view.

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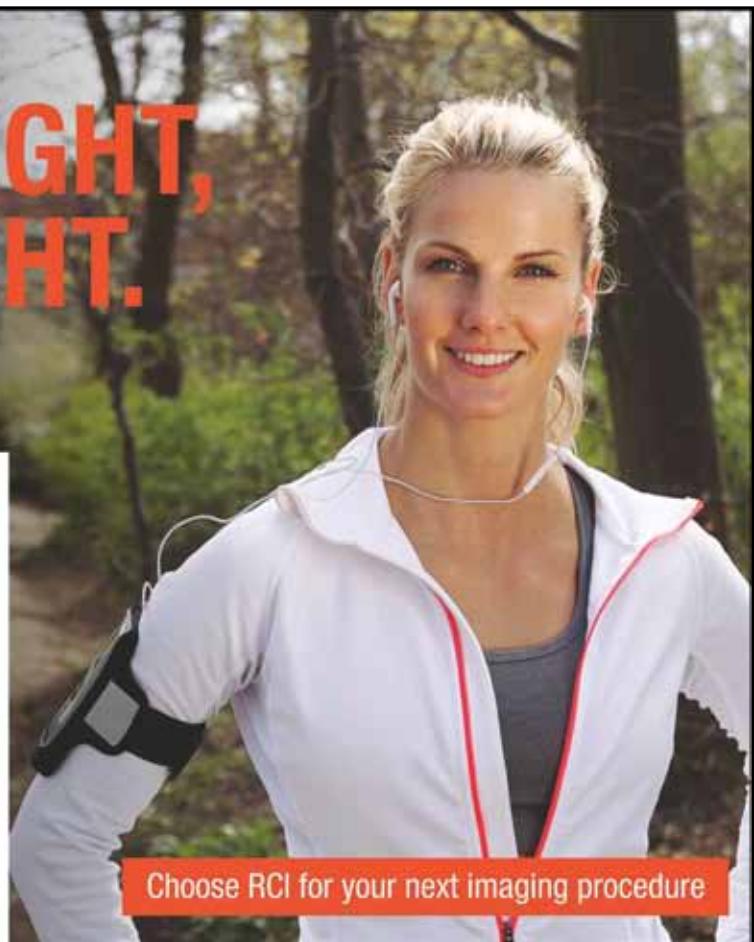
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**9. Bring something.** For holiday eating events, whether potluck or not, offer to contribute a lighter, healthier dish. That way, you'll have at least one better-for-you option!

**10. Mix it up.** If alcohol is being served at a holiday event, alternate each glass with a glass of water. This will quench your thirst and fill you up so you'll be less likely to overindulge. Or enjoy non-alcoholic versions of your favorite cocktails to lower the calorie count. Just watch out for added sugars.

**11. Get your ZZZs.** Aim for 7-9 hours of sleep each night to stay in the healthy zone. Don't let your wake-up time and bedtime get too far off your regular schedule. Nap when needed and ditch the digital devices at night.

**12. Treat yourself.** Try bite-sized tastes or split portions of desserts and other holiday treats. Or choose fresh fruit for dessert. Delicious, seasonal fruits make great gifts, too!

**13. Holiday hydration.** Remember, the healthiest thing you can drink is water! Make it your go-to choice when you're feeling thirsty. You can give it some extra appeal by adding fresh or frozen fruits, herbs or a splash of 100% fruit juice.

**14. Add color.** Seasonal fruits and vegetables can give your meals, snacks and party dishes that healthy holiday spirit. Try apples, dates, leafy greens, pears, pumpkin, root vegetables, sweet potato and winter squash.

**15. Make beverages sparkle.** Try seltzer, club soda or sparkling water if you love the fizz. For a festive holiday look, garnish with whole cranberries and mint leaves.

**16. Fit in fitness.** Try to stay committed to your

workouts when the holidays kick into high gear. But when a full social calendar gets in the way, squeeze some healthy activity like walking into your daily routine. Or do something active with the whole family.

**17. Gotta have the 'nog'?** If it's just not Christmas without eggnog, try a low-fat version or mix it with an equal amount of low-fat or nonfat milk. You'll still get the flavor without as many calories.

**18. Shake it off.** Many holiday dishes can be packed with sodium. Breads, poultry and canned soups are three common foods that can be loaded with salt. When shopping for ingredients to prepare your holiday meal, compare the labels and choose options with the lowest amount of sodium. Use herbs and spices (like rosemary and cloves) to flavor dishes instead of salt.

**19. Spice it up.** Use spices to flavor foods and drinks with less sugar. For example, make a skinny hot apple cider with unsweetened apple juice and plenty of cinnamon, cloves, allspice and nutmeg. Garnish with whole cinnamon sticks.

**20. Focus on being present instead of buying presents.** When holiday stress starts to get to you, the two simple practices of mindfulness and gratitude can help. Focus on what you're doing right now and what you're thankful for. Slow down, take it one step at a time and make your wellbeing a priority.



# As winter settles in, cold weather can be a challenge for our pets. To ensure a healthy season for our furry friends, keep the following in mind.

**1. Some pets are better suited than others for living outdoors.** There is a common misconception that dogs and cats will be "fine" if left outside. This is not true. Certain breeds, such as Huskies and Samoyeds are better suited for very cold weather. Puppies and kittens as well as older dogs and cats shouldn't be outside no matter what type of breed they are. They just don't have the fat, metabolism, or the full fur coat they need to stay warm when temperatures plunge.

**2. If your pet is primarily outside, make sure that adequate shelter is provided to shield them from wind, moisture, and cold.** Make sure your pet's house is well insulated but still large enough for them to be comfortable and able to move around. Several pet and feed stores carry safe heated floor mats or non-electric warm bedding to add heat into your pet's house. Deeply bedded straw is another good insulator. Do not use a heat lamp or other type of home heaters though as it can be highly dangerous, and may cause a fire. If your pet is prone to chewing, do not use blankets or material that can be ingested. Cedar shavings can be irritating to the skin, so use with caution depending on your pet's hair coat.

**3. Pets need to have fresh water at all times and this time of year the water can freeze easily.** Make sure to check the water dish periodically throughout the day and add fresh water as needed. Heated pet bowls are a solution for frigid temperatures. These bowls are very handy to have during the cold winter months, and are usually available in stainless steel or plastic. You can find them at most pet supply vendors and feed stores.

**4. Pets that live outdoors usually need additional food (calories) to sustain body temperature and maintain energy and body heat.** Please check with your veterinarian to decide if your pet needs additional nutritional intake.

**5. Ice can wreak havoc on our four legged friends also.** Some de-icers are toxic when ingested (when the pet licks their paws). Make sure to rinse their feet off if your pet has walked where de-icers have been used.

**6. If your pet sleeps in the garage, be on the alert for any antifreeze leakage or antifreeze containers left**

out where they could spill or be chewed on. Also, do NOT start the car in a closed garage - for your safety and your pet's safety - carbon monoxide poisoning is a silent killer.

**7. Like humans, pets can suffer from hypothermia and frostbite.** The young and the senior pets are especially at risk. Pets with arthritis are prone to more discomfort in cold and damp environments. And remember, if it's too cold for you, it's probably too cold for your pet.

## Yummy and Healthy Treats for Your Dog

### Pumpkin Cookies From Sara Belitz

1 C Pumpkin Puree  
2 Eggs  
½ C Oats  
2 C Wheat Flour  
3 T Peanut Butter



Preheat oven to 350 degrees. In a small bowl, mix wheat flour, oats and cinnamon. In a separate large bowl mix eggs, pumpkin puree and peanut butter. Stir dry ingredients into wet ingredients. You can either roll out the dough and use a cookie cutter to cut the cookies or drop by spoonful. Bake 30 minutes. Let cool completely before giving to your pooch.



Having a pet is a big commitment. So many of our furry friends have been taken to a shelter or rescue after the puppy and kitten stage has worn off. If you decide to add a four-legged friend to your home this holiday season, consider adopting from a shelter or rescue. Our furry friends need a forever home and adopting from a shelter or rescue will be the best gift for you and the pet. These shelters and rescues are waiting to help you find the best friend for you and your family.

#### **Adopt a Pet**

##### **Cedar Valley Humane Society**

7411 Mount Vernon Rd SE, Cedar Rapids  
319.362.6288 - [www.cvhumane.org](http://www.cvhumane.org)  
Open: M-F 12-7pm, Sat. 12-5pm, Sun. Closed

#### **Dogs Forever Safe Place**

809 Rockford Rd SW, Cedar Rapids  
319.320.5522 - [www.dogsforever.org](http://www.dogsforever.org)  
Open House Every Saturday 10AM-2PM – Dog Adoption & Gift Shop

**Friends of the Animals** 320 West 6th St, Tipton  
[www.friends-ofthe-animals.com](http://www.friends-ofthe-animals.com)

#### **Friends Helping Friends Foundation**

319.286.5908 – [www.crfriendsfoundation.org](http://www.crfriendsfoundation.org)

#### **Fur Fun Rescue**

229 Badger Rd, Lisbon [www.furfunrescue.org](http://www.furfunrescue.org)

#### **Last Hope Animal Rescue**

1823 16th Ave SW, Cedar Rapids  
319.200.4880 - [www.adopthope.org](http://www.adopthope.org)

#### **SAINT Rescue & Adoption Center**

1200 106th Ave SW, Cedar Rapids  
319.551.7537 – [www.saintiowa.org](http://www.saintiowa.org)  
Open House Every Saturday 11AM-3PM – Cat Adoption & Gift Shop

#### **Walk Your Dog - Area Dog Parks**

Cheyenne Off-Leash Park  
1650 Cedar Bend Lane SW, CR

K9 Acres at Squaw Creek Park  
5200 Golf Course Rd, Marion

Thornberry Off-Leash Dog Park  
1867 Foster Rd, Iowa City

## **Bark Busters – We Speak Dog!**



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**Owner Janie Fairchild & her dog Star**

**CedarValley@barkbusters.com** [www.dogtraining-cedarrapids.com](http://www.dogtraining-cedarrapids.com) **319.471.4141**



# How Sleep Affects Your Health

## Benefits of good sleep

- Healing and repair of cells, tissues and blood vessels
- Stronger immune system
- More creativity and productivity
- Improved mood and energy
- Better brain function including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- Healthy growth and development for kids and teens
- Better ability to build muscle
- Quicker reflexes
- Less risk of chronic disease

## How much sleep do you need?



Most adults need **7 to 9** hours of sleep each night. Kids and teens need even more. Yet the average high school student gets only 6.5 hours per school night, and about 20% get 5 hours or less!



**1 in 3** adults

don't get enough sleep.

Remember: **7 to 9** will help you feel fine, so get your **zzzs!**

## Your Health

Poor **sleep** may put you at higher risk for:

- Alzheimer's disease
- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- Diabetes
- High blood pressure
- High blood sugar
- High cholesterol
- Infections
- Obesity

## Poor sleep can cause:

- Accidents
- Breathing problems
- Hormone imbalance
- Memory and cognitive issues
- Increased appetite and unhealthy eating
- Inflammation
- Stress
- Weight gain

Learn more at [heart.org/HealthyForGood](http://heart.org/HealthyForGood)

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