

**RAPRD
SPRING 2021
FITNESS
CHALLENGE**

MARCH 1 - MAY 31, 2021

**WEEK 11 - May 10th to May 16th
Elkton, Oregon to Creswell, Oregon (thru Drain)
46 Miles to travel!**



Creswell, Oregon



Drain, Oregon

This week you will be traveling west heading back home to Central Oregon, to Creswell, Oregon. The scenic route will be off I-5 and through Drain. The strange names we have here like Drain fascinate me so we'll stop through there.

Creswell bills itself as "The Friendly Town." Good to know because we may need a friend sometimes. The story couldn't be simpler, in 1872 John Creswell opened a general store and yep "if you build it, they will come," a town sprung up around it. On the outskirts of Eugene, Creswell boasts a notable golf course, a farm-to-fork dining scene, the Oregon Wine Country and a great place for travelers, campers and adventurers. If you are a UO Duck fan you can catch their golf team playing on the Emerald Valley Golf Club. Now more about Drain, Oregon. A population of 1100 people approximately this is a timber community settled in 1847. And you guessed it John Drain was the first mayor. Drain boasts Victorian houses, covered bridges, scenic highways and one of the most desirable retirement communities in Oregon.

HEALTH TIP: Since Creswell AND Drain seem to be a peaceful place let us focus on the importance of sleep! Studies are supporting more sleep to enhance athletic performance and weight loss. While we are not all elite athletes, most of us are so busy going about our normal business; working, housekeeping, farm keeping, chauffeuring, exercising etc. that most days we feel like we ARE an athlete. In a recent study even a modest increase in sleep for 5 days was enough to elevate athletic performance. Not surprisingly the study showed that fatigue, tension and sleepiness during the day decreased in participants who had approximately an extra hour of sleep. It also showed that response time for cognitive processing was 13% faster in those with extended sleep. When a study of dieters who decreased sleep hours over a two week period, the amount of weight loss from fat dropped by 55%, with calories staying equal. Less sleep may disrupt metabolism and cause a slowing in weight loss or an actual weight gain. A reminder on general guidelines for adequate sleep is 7-9 hours in a 24 hour period. This allows for adequate physical and mental recovery and may improve cognitive tasks and reaction time. Here are some tips for good sleep hygiene. Make sure you receive adequate sleep if you are injured, traveling or are experience heavier than normal changes in your routine. Adolescents with heavy school and sports schedules may need up to 10 hours a night. Strive to go to bed and wake up at the same times. Limit naps to 20 min or less and avoid napping in the late afternoon. Avoid alcohol, caffeine and electronic devices before bed. Keep the room cooler for better sleep. Relaxation techniques, deep breathing exercises or bedtime meditation apps are helpful in inducing restful sleep faster.