

Learning Objectives By Chapter

Chapter One

1. Describe three ways fatigue affects one's personal and professional life.
2. Identify the four major lifestyle areas that can be modified to "reboot" the body's energy level.

Chapter Two

1. Describe how sleep deprivation can result in increased body weight.
2. Assess your personal fatigue level by completing the Epworth Sleepiness scale.
3. State three functions of sleep beyond fatigue-recovery.
4. Describe the stages of the normal sleep cycle.
5. List three tips for getting a good night's sleep.

Chapter Three

1. Describe how to reset the body clock using light.
2. Describe the influence of darkness on melatonin production and sleep.
3. Share four tips to make shift work more manageable.
4. Explain the effect of morning coffee on evening sleep.

Chapter Four

1. Identify three ways recovery breaks can be physically, emotionally, and mentally helpful.
2. State the appropriate time of day to nap and the best nap duration.
3. Share five nap strategies to help individuals doing shiftwork.

Chapter Five

1. Calculate one's estimated caloric needs using the simplified formula in the book.
2. Differentiate between the roles of the two major sources of fuel for the human body.
3. List the benefits of eating breakfast.

Chapter Six

1. Describe how the body maintains glucose levels within normal levels.
2. Summarize what happens when individuals ignore hunger.

Chapter Seven

1. Provide three reasons why it's critically important for children to eat three meals a day plus snacks.
2. Discuss the situations in which snacking is beneficial—and when it is not.
3. Describe four ways to eat meals and/or snacks on a regular basis.

Chapter Eight

1. State five functions of protein beyond muscle building.
2. Determine the minimum grams of carbohydrate required to meet the glucose needs for the brain and red blood cells.
3. Share six ways to lower the glycemic index of meals.

Learning Objectives By Chapter

Chapter Nine

1. Estimate fluid needs using the simplified formula in the book.
2. State the American Academy of Pediatrics' recommendation about energy drinks for children.

Chapter Ten

1. State four facts about sugar.
2. Share three strategies to include "pleasers" into a healthy diet without negatively affecting energy levels.
3. Describe how alcohol intake can affect weight and energy levels.

Chapter Eleven

1. State Hans Selye's definition of stress.
2. List five potential effects of chronic stress.
3. Explain how stress can increase visceral fat.
4. Offer ten suggestions for managing stress.

Chapter Twelve

1. Identify five benefits of increased movement throughout the day.
2. Explain the six simple steps for moving more throughout the day.
3. Share at least one new fun way to move more.

Chapter Thirteen

1. List the four reasons to focus on eating habits before, during, and after workouts.
2. State the difference between the fueling needs during short activities and those for activities lasting more than one hour.
3. Describe the advantages of eating before a morning workout.
4. Explain why low-intensity exercise may burn a greater percentage of fat as fuel but doesn't necessarily burn more body fat.