

# 90 MINUTE RULE.



Who doesn't love a hot shower in the morning? And who would have thought that such an enjoyable interlude also helps to **boost your creativity and jump start your mind?**

Well, here's a good reason to get wet again later in the day: **a hot shower before bed helps you fall asleep.** Now, of course, there's a catch: you should jump in the shower **ninety minutes before you plan to hit the hay.** Immediately after the shower, you'll feel more awake and maybe even have a burst of energy and creativity. But an hour-and-a-half prior to your preferred bedtime is perfect timing, because it turns out that cooling down is a perfect signal from your body to your brain that it's time to go to sleep. You'll be relaxed (and clean!), and **you'll be primed for the excellent, restful sleep we all need for good health!**

the big number

**66**

66% of Americans report taking one or more showers a day.  
23% shower every other day.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"90 MINUTE RULE"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### WALNUTS

When it comes to foods to help you sleep, walnuts get TWO thumbs up, because they are a good source of tryptophan and melatonin, which both promote sleep!

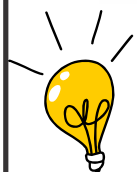


## PLAY HARDER

A hot shower works physical wonders for athletes, weekend warriors, and all of the rest of us, too! Morning or night, ten minutes under the steamy spray can relax the muscles, reduce any swelling and muscle tension, and even help alleviate migraines.



## LEARN EASIER



Ever get a great idea in the shower? You're not alone. A hot shower encourages creative thinking by increasing the flow of dopamine in our brains, by putting us in a relaxed state receptive to new thoughts, and by distracting our brains from pre-occupations so we can look at problems and situations more clearly and creatively.

# Idea

## LIVE HEALTHIER

Showering before bed is good for your skin, too.

Not only will your face be cleansed of oils, dirt, sweat, and bacteria that might build up during the day (and lingering makeup, if you wear any), but the steam opens the pores on your face, helping both the cleaning process and your skin's ability to absorb any lotion or medicine you might apply before tucking in.



### First things First



**BREAKFAST @SCHOOL**  
For first-class learning!



Featuring  
Healthy Fruits  
& Grains!

**School Meals**  
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

Looking forward to next year, we're happy to report that these efforts, which have already led to increased fruit and vegetable consumption by American students, will continue!



**DON'T 4GET!**  
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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