

Women's Health Matters

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With the turning of the calendar from 2023 to 2024, many Americans have likely set their New Years resolution to stick to “healthier” habits or routines. According to a research study conducted by the Fisher College of Business, 43% of people quit their resolution by the end of January.

One cause for this high failure rate could be that our beliefs about “healthy” habits are based on opinions, not facts. There is a lot of information on the internet related to health topics.

Whether it's the newest drug to help with fat loss or a miracle workout routine that will give you a shredded 6-pack of abs, it can be hard to determine what is and is not a reliable resource that you can put your trust in. If you don't see instant results as promised by all the false information, you will probably find yourself being part of that 43% statistic.



For that reason, the K-State Research and Extension Living Well Wednesday team has dedicated the 2024 Winter Series to topics focused on women's health. *Sleep is a Superpower* was the subject of the first program on January 10th. During this presentation, specialist Michelle Lane debunked some of the common misconceptions around sleep and helped participants understand how vital sleep is to their everyday well-being. Personally speaking, I didn't understand the impact that sleep has on all aspects of health until I heard her presentation. The session was recorded and can be view on the Living Well Wednesday website at <https://www.ksre.k-state.edu/fcs/livingwellwed/>.

The next two topics are *Women's Health and Functional Medicine* on February 14th and *Navigating Diets, Supplements, and Women's Health in a Confusing World* on March 13th. Both programs are held virtually via Zoom from 12:10 – 1:00 pm and will be recorded for later viewing. Registration is still open for these programs and can be completed at <https://www.ksre.k-state.edu/fcs/livingwellwed/>. Upon registering, participants will receive a link to access the live Zoom session.

Don't get lost in all the latest and greatest quick information on health. Your health is something to take very seriously and now is your chance to hear from experts in the field! For more information, contact Cassidy Lutz at celutz@ksu.edu or by calling 620-625-8620.