



THE Y AXIS



Are You a NEAT Freak?

Add this term to your vocabulary... *non-exercise activity thermogenesis.*

Definition

It's a fancy-pants term scholarly types use to describe metabolism when you're not moving around much. That's right, there's a medical term for sitting around doing next to nothing.



Its acronym is NEAT.

NEAT-ness Counts

NEAT activities like sleeping, driving a car, or sitting at your desk are an everyday part of life. But spend too much time being NEAT, and you'll likely pack on the pounds and raise your risk for health problems.

If you're sedentary most of your waking hours, you might be a NEAT freak. And that's not a good thing. Say goodbye to NEAT-ness and be more active.

COMMENTS?

Send comments to the editor: evan.jensen@wellsources.com

Top 5 Reasons to Eat Breakfast

When you're in a rush to get to work, send your kids off to school, or beat the clock on a busy morning, skipping breakfast might be the norm. About 30 percent of adults in the United States don't eat breakfast. But there's ample evidence to suggest it really is the most important meal of the day. Eating breakfast can help you:

1. Maintain a Healthy Weight

You're 4.5 times more likely to be obese if you skip breakfast, one study found.

2. Prevent Diabetes

If you want to prevent diabetes, eat a healthy breakfast. The American Heart Association found that breakfast eaters have better blood sugar levels than those who don't eat breakfast.

3. Have More Energy

Rush out the door with an empty tank, and you can't survive on last night's dinner forever. Fill-up with a high-fiber breakfast, and you'll have more energy, according to one study.

4. Control Cholesterol

Need to lower your cholesterol? Eat steel-cut oats and other whole-grains for breakfast. An American Journal of Clinical Nutrition study found that breakfast skippers have higher levels of bad cholesterol.

5. Think Better

You can't expect your brain to be at its best when it's low on fuel or overloaded with calories from a three-doughnut breakfast. One study found that breakfast eaters remember more and think better than those who don't start the day with a morning meal. But it has to be healthy. People who ate a high-calorie breakfast had trouble concentrating.

American Journal of Epidemiology.

American Heart Association.

Journal of Adolescent Health.

American Journal of Clinical Nutrition. @

What's for breakfast?

- Oats – cooked or raw
- Whole-grain waffles, pancakes, or toast
- Whole-grain cereal
- Yogurt (low-sugar, low-fat)
- Fruit (e.g., apple, grapefruit, banana)
- Veggie omelet made with egg whites or egg-substitute
- Fruit smoothie
- Nuts

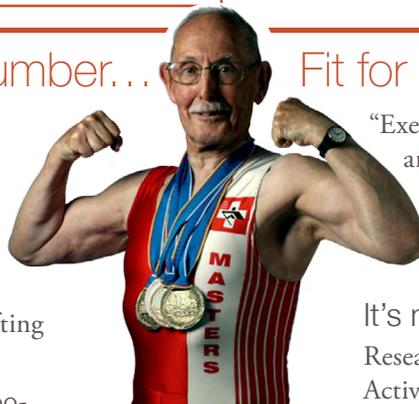
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Quick & healthy breakfast ideas tinyurl.com/ndos5fc

Age is Just a Number...

When Dr. Charles Eugster retired from dentistry, he wanted to maintain his health and be more active. But a casual walk in the park wasn't what he had in mind. He started running, lifting weights, and eating healthier.

Last month he crushed the 200-meter world record for his age by nearly three seconds. At 95 years old, he ran the distance in 55.48 seconds. That's half a lap around a typical track in under a minute!



Fit for Life!

"Exercise is both a preventive measure and a treatment," says Charles. "The success rate of exercise therapy for a number of conditions is well over 40 percent."

It's never too late to start

Research used to develop the Physical Activity Guidelines for Americans shows that regular exercise can:

- ▶ Help you live longer
- ▶ Lower your risk for heart disease and high blood pressure
- ▶ Prevent certain types of cancer

MORE

Watch 95-year-old Charles Eugster set a world record tinyurl.com/mu7lzkw

Photo credit: Charlesugster.net



RECIPE: Broccoli Alfredo Pasta

Eat more whole grains and leafy-green veggies. You've heard the advice before, but what if you combine the two and make something tasty and healthy? Check out this recipe for the answer. This filling main dish includes broccoli, whole-wheat pasta, and low-fat alfredo sauce.

Ingredients

- 4 C broccoli, cooked
- 4 C whole-wheat pasta, cooked
- 2 C low-fat milk or soy milk
- 1 C fat-free parmesan cheese
- 1 t basil
- ½ t garlic powder
- 2 T cornstarch
- pepper to taste (optional)

Directions

1. Heat milk over medium heat. Then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 T of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

Makes 4 servings with 349 calories each.

U.S. Department of Agriculture.



Avoid Fried Foods to Protect Your Heart

“Do you want fries with that?” The healthy answer is no. But the average American eats 29 pounds of French fries a year. They're loaded with fat, sodium, and empty calories. Other fried foods like onion rings, doughnuts, chicken, and fish, aren't any better.

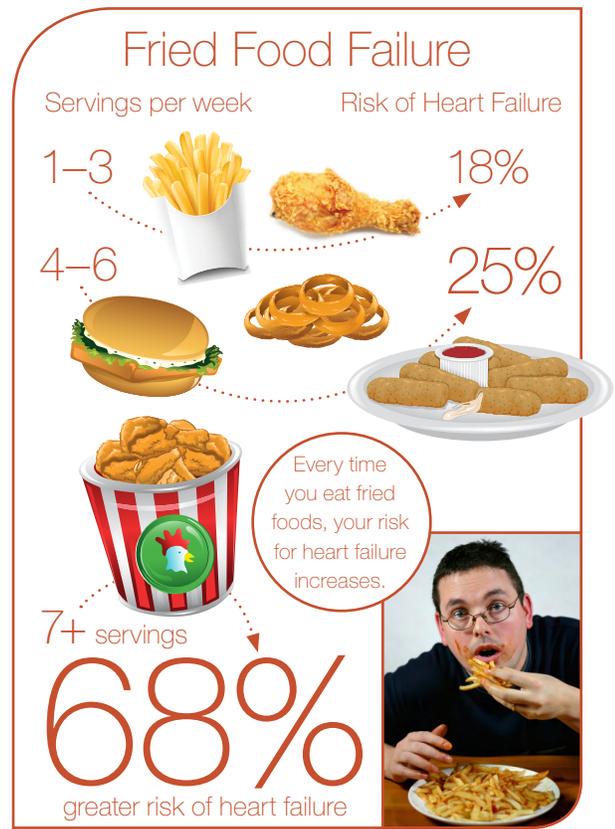
Fried Food Study

In fact, the more fried food you eat, the greater your risk for heart failure. A recent Harvard study followed 15,300 people for 13 years. They compared fried food consumption with cases of heart failure.

They found that even a little fried food (1 to 3 times a week) raises the risk of heart failure by 18 percent. Shovel in seven or more servings of fried food a week and the risk of heart failure goes up to 68 percent.

“The bottom line is, eating fried foods once in a while is fine,” says researcher Samantha Heller, “But not on a daily or even weekly basis.”

*American Heart Association.
Harvard Medical School.
Centers for Disease Control and Prevention. @*



Fit For Life (continued from page 1)

- ▶ Control blood sugar levels and prevent diabetes
- ▶ Strengthen your bones
- ▶ Improve your mood
- ▶ Prevent age-related memory problems
- ▶ Aid in weight management
- ▶ Help you sleep better

If you want to improve your health, lower your

risk for disease, and live longer as you age, make regular exercise and healthy eating a priority.

“Life doesn't have to finish after retirement,” says Charles. “Start now, and you'll not only add years to your life, but also life to your years.”

*Harvard School of Public Health.
U.S. Department of Health and Human Services.
British Masters Indoor Championships. @*



Take the March Health Challenge!

Eat More Fruit: Eat 2 cups of fruit per day.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What can I do to sleep better?

Eat More Fruit



CHALLENGE
Eat 2 cups of
fruit per day

Requirements to complete this HEALTH CHALLENGE™

1. Read "Eat More Fruit."
2. Eat 2 cups of fruit on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



When Australian banana farmer John Landi wanted to boost sales at his roadside stand, he decided to do something a little fruity. But in 1964, there was no way he could create some buzz on social media or get a video to go viral.

So he did what any banana-minded entrepreneur would do. He built a giant 1,200-pound walk-through banana on his plantation.

And it worked. People went out of their way to see the Big Banana. Sales went up. Plantation production increased. And more people than ever were eating bananas.

Unless you live in Australia or you're planning a trip Down Under, you're probably not going to see the Big Banana in person. But you can still enjoy the many health benefits of bananas and other fruits packed with vitamins and nutrients. Take the month-long *Health Challenge to Eat More Fruit*.

Are You Eating Enough Fruit?

Probably not. Only 32.6 percent of adults in the United States eat fruit more than twice a day, according to a Centers for Disease Control and Prevention survey. Most adults should eat 2 cups of a variety of fruits per day for best health. Take a look at what you typically eat in a day to find out if you're getting enough fruit in your diet.

Take the Fruit Quiz

How much do you know about fruit and your health? Take this quiz to find out.

T F

1. Only 1 out of 3 adults eat fruit two or more times per day.
2. At 100 calories per serving, a single banana has more calories than most fresh fruits.
3. At around 25 calories per serving, cantaloupe, nectarines, and plums, contain fewer calories than most fresh fruits.
4. Eating fiber-rich fruits can improve digestion, control cholesterol, and aid in weight management.
5. Antioxidants in fruit can lower the risk for heart disease, high blood pressure, certain types of cancer, and other chronic conditions.

The U.S. Department of Agriculture recommends most adults eat 2 cups of fruit per day. But most people don't eat enough fruits *or vegetables*. Some fruits can be high in calories, but they're still a healthier snack than candy bars and potato chips. Add more fruits to your diet for better health.

Answers: 1. True. 2. True. 3. True. 4. True. 5. True.



Health Benefits of Fruit

Half your plate should be filled with fruits and vegetables. It's sound nutritional advice supported by the U.S. Department of Agriculture and the Harvard School of Public Health. That's because fruits are loaded with vitamins and nutrients. Most fruits are also naturally low in calories, fat, and sodium and are cholesterol-free. They're also a good source of water and fiber (unlike most junk foods). Adding more fruit to your diet has numerous health benefits.

Control blood pressure

Fruits like bananas, peaches, grapefruit, apricots, oranges, and cantaloupe are good sources of potassium. An American Heart Association study found that potassium-rich foods can help control blood pressure by limiting the negative effects of too much sodium.

Improve cholesterol and digestion

Dietary fiber found in fruits can help improve cholesterol levels and digestion. High-fiber fruits include blackberries, pears, apples, bananas, oranges, and strawberries. Studies

show that fiber-rich foods help remove bad cholesterol and promote a healthy bowel.

Lower the risk for heart disease

Heart disease is the leading cause of death in the United States. But it's largely preventable. Adding more fruit to your diet can help lower your risk. In a Harvard study, researchers found that eating more fruit and other plant-based foods helped lower the risk for heart disease and other chronic conditions.

Aid in weight management

About 69 percent of all U.S. adults are overweight or obese. Poor nutrition and lack of exercise are the prime reasons for this problem. Eating more fruit can help. In a study published in the *Journal of the American Dietetic Association*, researchers found that eating fruits and vegetables can aid in weight loss and help with calorie control. Just don't overdo it. Some dried fruits contain as many calories as a candy bar (250 calories), and one banana contains about 100 calories.

Be Fruitful – Add More Fruit to Your Diet

If you're in the habit of eating 2 cups of fruit per day, keep it up. If you're not, here are some ways to add more fruit to your diet:



Breakfast

- Top off a bowl of whole-grain cereal or oatmeal with peaches or berries.
- Make a fruit smoothie with low-fat yogurt, and frozen strawberries and blueberries.
- Instead of skipping breakfast, grab an apple or banana before you head out the door.

Lunch

- If you go out for lunch, make a trip through the salad bar for fresh fruit like pineapple, watermelon, or pears.
- Pack your own lunch and include an orange, grapes, or apple slices.



Dinner

- Make a salad with orange slices, dried cranberries, or grapes.
- Try a Waldorf salad recipe with apples, celery, walnuts, and a low-calorie dressing.
- Add crushed pineapple to coleslaw.

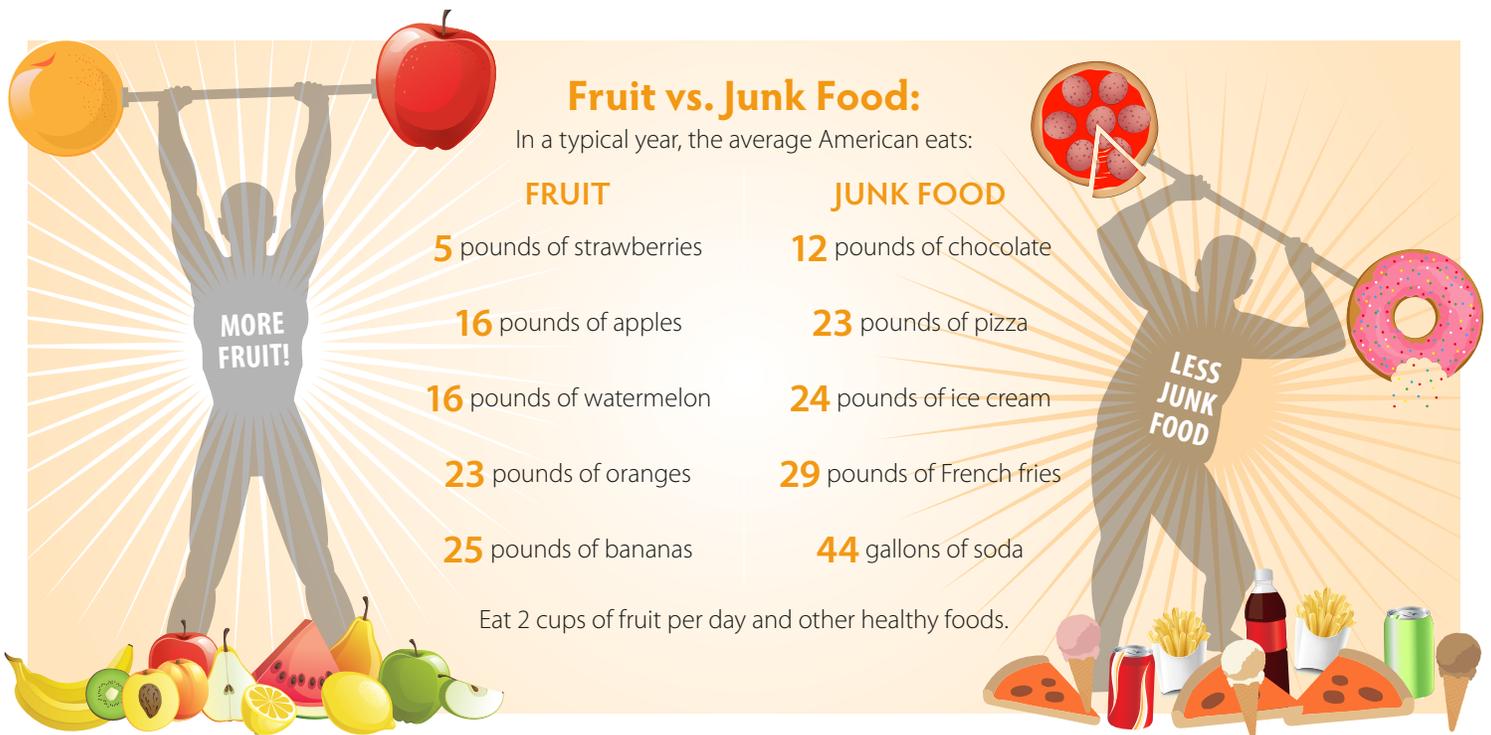
Snacks

- Take a trip to a local farmer's market to buy fresh fruit in season.
- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Try peanut butter on apple slices or a serving of applesauce.

Eat these 7 super fruits
tinyurl.com/5cqtpl

Guide to washing fruits
tinyurl.com/k72gzcb

Calories in fruit
tinyurl.com/ka8vypn



Sources: U.S. Department of Agriculture.; Harvard School of Public Health.; Centers for Disease Control and Prevention.; American Heart Association.; Journal of the American Dietetic Association.; American Journal of Clinical Nutrition.



Eat More Fruit

CHALLENGE
Eat 2 cups of fruit per day

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you eat at least 2 cups of fruit.
3. Use the calendar to record the actions and choices you make to help eating more fruits become a regular part of your life.
4. At the end of the month, total the number of days you ate at least 2 cups of fruits. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____								
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HC [] ex. min. _____								
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_____ Number of days this month I ate at least 2 cups of fruit
 _____ Number of days this month I got 30+ minutes of physical activity

Other wellness projects completed this month:

Name _____ Date _____

Q. What can I do to sleep better?

A. If you wake up feeling tired, or have trouble falling asleep at night, you're not alone. In fact, lack of sleep is a public health epidemic. Some sleep-related issues are linked to health problems. Sleep quality can also be affected by your environment and lifestyle habits. Fortunately, there are a number of things you can do to improve your quality of sleep.

The problem with poor sleep

If you don't enough sleep, or your quality of sleep is poor, it has an impact on your health. And it's more than just feeling tired. Lack of sleep can contribute to accidents, obesity, heart disease, diabetes, depression, certain types of cancer, and other health problems.

Aim for 7 to 8 hours nightly

A 10-year study of more than 6,000 people found that those who got 7 to 8 hours of sleep every day lived longer than those who got less sleep. Aim for 7 to 8 hours of sleep a night. In the study, people who slept less than 7 hours or more than 9 hours a night didn't live as long.



How to get better sleep

Before you take over-the-counter medicine to help you sleep, try these strategies to get your Zzzs:

- **Keep to a regular sleep schedule** 7 days a week.
- **Exercise daily.** Aim for at least 30 minutes of physical activity. Being physically tired at the end of the day helps people get to sleep sooner, and stay asleep longer.
- **Relax before bedtime** (e.g., take a hot bath, read, meditate).

- **Create a comfortable sleep environment.** It's best to make your room as dark as possible and eliminate distractions (e.g., outside light, a messy room, pets, room temperature) that could keep you awake.
- **Avoid watching TV** or using your computer or mobile devices in bed.
- **Don't eat a large meal** or drink a lot of liquids late at night.
- **Don't exercise or nap late** in the evening.
- **Don't drink alcohol** right before bedtime.
- **Avoid caffeine and nicotine** for 8 hours before going to sleep.

If you put these strategies into practice and still have sleep problems, see your doctor.

Sources:

American Cancer Society.
Centers for Disease Control and Prevention.
Journal of the American Medical Association.
National Institutes of Health.

