



THE Y AXIS



The Problem with Being Cheeky

Being cheeky is bad for your health.

Maybe you don't make wisecracks all the time and revel in rudeness. But how much time do you spend cheeks-to-chair every day?

Beware of the Bottom Line

If you're like the 70 percent of Americans who sit for six-plus hours a day, being cheeky shaves years off your life.

New research shows that every hour spent sitting cuts your life span by an average of 21.8 minutes. It also increases your risk for certain types of cancer, obesity, and diabetes.



CheekyRx

The cure for being too cheeky... Exercise. Take breaks from sitting to stand or stretch. Turn off your TV.

Bottom line: sit less, move more.

COMMENTS?

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

Grapefruit and the Mystery of a Healthy Breakfast

You've probably heard of the mystery-solving, crime-stopping detective Nancy Drew. She's the smart, quick-witted heroine featured in hundreds of books, movies, and TV shows since the 1930s. But do you know what she ate for breakfast?

A grapefruit with a cherry on top. Every morning Nancy Drew enjoyed this sweet and sour fruit while she talked about the latest case, crime, or town gossip around the table. You might not be heading out the door to look for clues, but eating grapefruit for breakfast is a good way to start your day.

Give Grapefruit a Try

Need a clue to solve the mystery of a healthy breakfast? Try a grapefruit. It's a little sweet, a little sour, and good for you.

Note: If you take any prescription medications, check with your doctor before adding grapefruit to your diet. Grapefruit juice can interfere with some medications and be dangerous.

MORE

Try these grapefruit recipes tinyurl.com/kd48vkk

Health Benefits of Grapefruit

Grapefruit contains zero fat, sodium, cholesterol, and no added sugar. But it does deliver a tasty punch of health benefits.

Just half a grapefruit contains all the vitamin C you need for a day. This antioxidant helps prevent cancer and heart disease. Vitamin A in grapefruit helps strengthen your immune system. Potassium in grapefruit helps control blood pressure and lower stroke risk. Grapefruit is also high in fiber, which helps improve digestion and control blood sugar levels.

Grapefruit and Weight Management

In a recent study, researchers found that people who ate a half grapefruit with every meal for 14 weeks lost 15 pounds during the study. They also found that grapefruit helped lower cholesterol levels, increase satiety, and improve overall nutrition.

Nutrition & Metabolism.
U.S. Department of Agriculture.
Florida Department of Citrus. @

Bone-Up on Strategies to Prevent Osteoporosis

"I have fallen, and I can't get up." This made-for-TV-product catchphrase raised awareness about seniors and the risk of falling. It also became an icon of pop culture spoofed in movies, TV shows, and comic strips. But it really isn't a laughing matter.

An estimated 10 million people in the United States have osteoporosis. It's a bone disease that depletes tissues and minerals that keep your bones strong. If your bones are weak, they're more



MORE

Learn more about osteoporosis <http://nof.org/learn/prevention>

likely to break if you fall. Another 30 million people are at risk for osteoporosis. Older people are more likely to have osteoporosis, but prevention starts when you're younger. Here's what you can do to strengthen your bones:

- **Improve nutrition.** Your bones need calcium and vitamin D to stay strong. Leafy greens like kale and spinach, and low-fat dairy products are good sources of calcium. Milk, eggs, fish, and fortified cereals contain vitamin D. Your skin also makes vitamin D when you're in the sun.

RECIPE Veggie- Bean Wrap



This Veggie-Bean Wrap only takes a few minutes to prepare, and contains half the calories, fat and sodium of a typical fast-food burrito. Add salsa or hot peppers for a little extra zing!

Ingredients

- 2 bell peppers, chopped
- 1 onion, sliced
- 1 15 oz. can low-sodium black beans, drained, rinsed
- 2 mangos, chopped (or use tomatoes, peaches, etc.)
- 1 lime, juice only
- ½ C cilantro, chopped
- 1 avocado, diced
- 4 8-inch whole-wheat tortillas

Directions

1. In a nonstick pan, sauté bell peppers and onion for five minutes over medium heat.
2. Add beans and stir well. Reduce heat to low and simmer about five minutes.
3. In a small bowl, combine mangos, lime juice, cilantro, and avocado.
4. Fill warmed tortillas with equal parts bean mixture and mango mixture.
5. Fold ends of tortillas over and roll up to make wraps.

Source: *National Heart, Lung, and Blood Institute.*



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Walk Your Way to Better Health

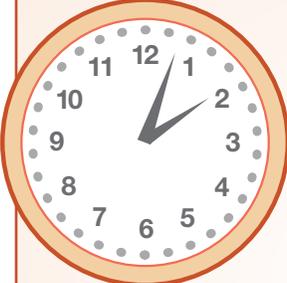
When Maine resident Nate Damm walked across America, he covered more than 3,200 miles on foot. It took almost eight months to go the distance, and he says it was worth it. “The trip changed my life completely,” says Nate.

You may not be planning a cross country adventure on foot, but even a few minutes of walking a day can help you lose weight, lower your risk for chronic diseases, reduce stress, and be happier.

If walking is already part of your daily routine, keep it up. If you’ve been thinking about getting more exercise, it doesn’t have to be complicated. Get up and go for a walk.

*American Heart Association.
Harvard School of Public Health.
Weight-Control Information Network. @*

Walking by the Minute



1 minute of walking can extend your life by 1.5 to 2 minutes.

10 minutes of brisk walking burns an average of 50 calories.

20 minutes of walking a day will burn an average of 7 to 10 pounds of body fat in a year.

30 minutes of walking 5 days a week cuts the risk for heart disease and diabetes in half.

45 minutes of daily walking cuts the risk of catching a cold by 50 percent.



Walking:
A Step in the Right Direction
tinyurl.com/6utqb3h

Resolution Solutions for Weight Management (continued from page 1)

- **Exercise.** Weight-bearing exercise helps make your bones stronger. Try jogging, walking or playing tennis. Basic bodyweight exercises like squats, pushups and lunges strengthen your bones too.
- **Don’t smoke.** Smoking prevents your bones from absorbing important nutrients. If you do smoke, get help to quit.

- **See your doctor.** A simple blood test can measure calcium and vitamin D levels. X-rays and other screenings can also help your doctor evaluate the health of your bones.

*National Institute of Arthritis and Musculoskeletal and Skin Diseases.
National Osteoporosis Society. @*

Monthly Health Challenge

Avoid or Limit Alcohol

CHALLENGE
Drink non-alcoholic drinks instead of alcohol.

Requirements to Complete this HEALTH CHALLENGE

1. Limit alcohol consumption to 1 drink per day for women and 2 drinks per day for men.
2. Drink water instead of alcohol.
3. Drink non-alcoholic beverages instead of alcohol.
4. Limit alcohol consumption to 1 drink per day for women and 2 drinks per day for men.

Health effects of alcohol

Alcohol is a central nervous system depressant. It can affect your judgment, coordination, and reaction time. It can also lead to liver disease, heart disease, and cancer. Drinking too much alcohol can lead to alcoholism, a chronic disease that can be fatal.

Take the February Health Challenge!

Avoid or Limit Alcohol – Drink non-alcoholic drinks or limit your intake.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What are the health benefits of eating foods high in fiber?



Avoid or Limit Alcohol

CHALLENGE

Drink nonalcoholic drinks or limit daily intake of alcohol.

Requirements to Complete this HEALTH CHALLENGE

1. Read "Avoid or Limit Alcohol."
2. Practice avoiding or limiting alcohol on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



When *American Idol* reality show judge and country music legend Keith Urban listens to a contestant sing, he's willing to give them a chance. He traveled a similar path to pursue his own music career. He also managed to overcome an addiction to alcohol that he struggled with for decades.

"I was going to lose it all," Urban said, reflecting on his years battling alcohol addiction. It took three separate stints in treatment to finally quit drinking. Today, he's been sober for eight years and counting.

An estimated 17 million people in the United States have a serious problem with alcohol, according to the National Institute on Alcohol Abuse and Alcoholism. Only 3 million, like Urban, ever seek treatment. And many more, about 76 percent of all adults, drink alcohol regularly. You may not have a drinking problem, but even a little alcohol can be harmful to your health. Take the month-long challenge to Avoid or Limit Alcohol.

How much is a drink?

An alcoholic drink is defined as:



One 12-oz. beer (5% alcohol)



One 5-oz. glass of wine (11% alcohol)

One 3-1/2-oz. glass of sherry (17% alcohol)



One 1-1/2-oz. shot of 80-proof liquor (40% alcohol)

How much do you know about alcohol and your health?

Take this quiz to find out.

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1. Alcohol use is among the top 10 leading causes of preventable death in the world.
2. It takes about 30 minutes for a single drink to raise your blood alcohol level.
3. Alcohol is a depressant that decreases brain activity and slows the function of the central nervous system.
4. Excessive alcohol use increases the risk for stroke, high blood pressure, liver disease, certain types of cancer, and other chronic conditions.
5. One in 10 deaths among working-age adults in the United States is linked to alcohol use.



In six minutes or less, a single drink begins to interfere with brain function and raise blood alcohol levels. Studies show even moderate drinkers have an increased risk for certain health problems compared to non-drinkers. It's best to avoid alcohol, or at least limit the amount you drink.

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

Health effects of alcohol

Many health studies show that drinking red wine in moderation may help reduce the risk of heart disease. In the INTERHEART study, researchers found that moderate alcohol use helped lower heart disease risk by 3 percent in people who were already living a healthy lifestyle.

However, many of the antioxidants in red wine that may protect the heart are also found in red and purple grape juice. Even moderate drinking increases the risk for many other health problems. The more you drink, and the longer you drink, the greater your risk. According to the National Institute on Alcohol and Alcoholism, alcohol:

- ✓ Damages liver cells and causes cirrhosis or liver disease.
- ✓ Damages pancreatic cells and causes pancreatitis.
- ✓ Increases the risk for cancer of the liver, mouth, throat, larynx, breast, and esophagus.
- ✓ Negatively impacts lipid levels (cholesterol and triglycerides) and insulin in the blood
- ✓ Alters mood, concentration, and coordination.
- ✓ Increases the risk of death from motor vehicle accidents, drowning, fires, homicide, and suicide.
- ✓ Damages the fetus during pregnancy.

- ✓ Interacts negatively with prescription and over-the-counter medications.
- ✓ Increases the risk of social problems like divorce, depression, unemployment, and poverty.
- ✓ Increases the incidence of crime, including theft, property damage, domestic violence and child abuse.
- ✓ Contributes to many long-term health problems such as obesity, high blood pressure, heart damage, skin disorders, brain damage, and memory loss.

Before you drink...

Some people should not drink at all. They include:

- Women who are pregnant or trying to conceive.
- Children and teens.
- A person who plans to drive or operate machinery.
- Anyone taking prescription or over-the-counter medications.
- A person who cannot restrict drinking to a moderate level.
- A person with a family history of alcohol addiction, or who has remained sober since treatment.
- Anyone not wishing to have their judgment impaired.

For best health, avoid alcohol.

If you choose to drink, follow these guidelines:

- Women: No more than 1 drink per day. Zero if pregnant.
- Men: No more than 2 drinks per day if under age 65.
- Seniors: No more than 1 drink daily for people age 65 and older.

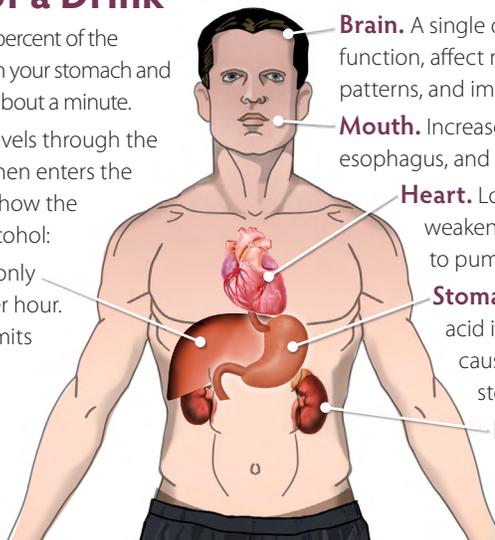
Note: alcohol is absorbed and processed differently based on body mass, health, heredity, acquired tolerance, and gender.

Anatomy of a Drink

If you drink, about 20 percent of the alcohol travels through your stomach and reaches your brain in about a minute.

About 80 percent travels through the small intestine and then enters the bloodstream. Here's how the body responds to alcohol:

Liver. The liver can only process one drink per hour. Over time, alcohol limits the liver's ability to break down fats and causes scar tissue and poor circulation that compromise liver function.



Brain. A single drink can alter brain function, affect mood and sleep patterns, and impair judgment.

Mouth. Increases the risk for mouth, esophagus, and throat cancer.

Heart. Long-term alcohol use can weaken the heart and limit its ability to pump blood through the body.

Stomach. Limits the flow of gastric acid in the stomach. Too much can cause malnutrition, ulcers and stomach lining damage.

Kidneys. Forces the kidneys to work harder. Increases urination, and may cause thirst and dehydration.

Tips for cutting back

If you don't drink, keep it up. Not drinking is the best way to protect yourself from the negative effects of alcohol.

If you want to cut back on the amount of alcohol you drink, you don't need to wait until you develop an addiction like Keith Urban did. It's much harder to quit once your body is addicted and you've developed habits that make alcohol a regular part of your life.

Here are some ways to cut back on the amount of alcohol you drink:

- Keep track of how much you drink.
- Set a goal. Decide when and how much to drink, including days without alcohol.
- Have no more than one drink per hour.
- Never drink on an empty stomach.
- Avoid people, restaurants, and situations that increase your urge to drink.

Recipes:

Try these non-alcoholic drinks
tinyurl.com/k8k8cgz



Resources

for alcohol addiction and recovery
tinyurl.com/m5d73rp



Take the quiz: Are you drinking too much?
alcoholscreening.org

- Don't keep alcohol at home.
- Find a healthy alternative to replace the urge to drink.
- Drink water, grape juice or sparkling cider instead of alcoholic beverages.
- Be prepared to decline a drink or tell your friends "no thanks."

If you or someone you care about has a drinking problem, see a counselor, join a 12-step program like Alcoholics Anonymous, or ask your doctor for help.

Sources: Alcoholics Anonymous.; California Highway Patrol.; Centers for Disease Control and Prevention.; Harvard School of Public Health.; Mothers Against Drunk Driving.; National Institute on Alcohol Abuse and Alcoholism.; National Institutes of Health.; The Lancet.



Avoid or Limit Alcohol

CHALLENGE

Drink nonalcoholic drinks or limit daily intake of alcohol.

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you avoid or limit alcohol.
3. Use the calendar to record your actions and choices to make avoiding or limiting alcohol become a regular part of your life.
4. At the end of the month, total the number of days you practiced avoiding or limiting alcohol. 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. _____								
HC [] ex. min. _____								
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HC [] ex. min. _____								
HC [] ex. min. _____								

_____ Number of days this month I limited or avoided alcohol

_____ Number of days this month I got 30+ minutes of physical activity such as brisk walking

Other wellness projects completed this month:

Signature _____ Date _____

Q. What are the health benefits of eating foods high in fiber?

A. Eating fiber is good for your heart. It improves digestion and helps control blood sugar levels. Fiber also aids in weight management, and may even help you live longer. These are just a few of the health benefits linked to eating foods high in fiber.

Eat 25 to 38 grams of fiber a day

Most adults should aim to eat 25 to 38 grams of fiber per day. But most people only eat about half that much fiber per day. If you don't know how much fiber you're eating, read food labels, keep a food journal, or use a mobile app that tracks nutritional data to find out how much fiber you're really getting. Track your fiber intake for a week, and you'll see if you need to change your eating habits.

To add more fiber to your diet, eat more fruits, vegetables, whole grains, and legumes. Research shows that eating a fiber-rich diet can:

1. Protect your heart

Studies show that foods high in fiber help improve cholesterol, lower blood pressure, and aid in weight management. These are important factors that help



prevent heart disease, the leading cause of death in the United States. In a Harvard University study, researchers found that people who followed a high-fiber diet cut their risk for heart disease by 40 percent.

2. Improve digestion

A diet rich in fiber improves bowel health and overall digestion. Fiber also helps prevent constipation. That's important because constipation is one of the most common digestive problems in the United States, according to the National Institutes of Health.

3. Prevent or control diabetes

In a recent study, researchers found that people who ate high-fiber

cereal were less likely to develop diabetes. Even if you already have diabetes, fiber helps slow digestion and regulate blood sugar levels. Sugary snacks, drinks, processed foods, and even too much red meat can raise your risk for diabetes.

4. Help you live longer

A high-fiber diet could lower your risk for early death from heart disease and other chronic conditions, according to the American Heart Association. One study found that people who ate a high-fiber diet cut their risk of early death by 20 percent.

Remember, foods high in fiber include fruits, vegetables, oats, whole-grain breads and cereals, nuts, and legumes. Try a bowl of oatmeal with fruit for breakfast. Have a sandwich on whole-grain bread for lunch. Or cook up some whole-grain pasta with vegetables for dinner. Eat more fiber. It's a good way to improve your health.

Sources:

American Journal of Clinical Nutrition.

Harvard School of Public Health.

National Institutes of Health.

American Heart Association.

Archives of Internal Medicine.

