



THE Y AXIS



Try the Two-Foot Diet

Want to maintain your weight or lose weight?



You don't need a crazy workout, meal plan, or supplements.

Just try the Two-Foot Diet.

Get up and go for a walk. Or at least get up off the couch and stand. Either way, you'll be on your feet. And that's what matters, according to a recent study.⁴

Standing for six hours a day burns 54 more calories than sitting. That might not sound like a lot. But it's enough to burn about five pounds of fat in a year. And that's something worth standing for.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

5 'Sneaky' Reasons to Eat More Zucchini This Summer

Discover the health benefits of summer squash

Imagine you're drifting off to sleep on a hot summer night. Then you hear a strange noise. Peering into the shadowy darkness, you see your neighbor in the garden. Weird, right?

It looks like he's collecting caveman clubs or deformed bowling pins. And you can't really tell if that's a network of alien tentacles snaking across the ground, or if those are just vines.

But if you wake up in the morning and discover a surprise at your front door, it will all make sense. August 8 is Sneak Some Zucchini Onto Your Neighbor's Porch Night.

Yes, it's actually a thing. And it makes sense. Zucchini grows like crazy around this time of year. And if you can't eat it all, share it.

Try some zucchini (aka summer squash) while it's in season. It's high in vitamin C, antioxidants, and other nutrients.

Here are five reasons eating zucchini is good for your health. Zucchini:¹

1. Helps control blood pressure
2. Reduces inflammation linked to chronic disease and certain types of cancer
3. Promotes gut health and digestion
4. Low in calories to aid in weight management
5. High in B vitamins to support metabolism, mood, and energy levels

Enjoy this summer squash as a snack or side dish. Try it in place of pasta. And use it in breads, soups, and main dishes.

If you have a garden full of zucchini, eat some and give some away. If you don't, stop by the grocery store or farmer's market and give this vegetable a try.

MORE

Zucchini & summer squash recipes
<https://tinyurl.com/yby3v3s6>

Summer Shouldn't Be Stressful: 3 Ways to Chill Out

Improve your mood + improve your health

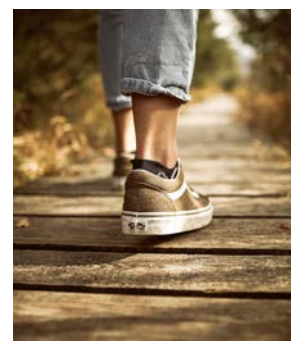
Ever have one of those days? It happens. Traffic is a nightmare. You've got a looming work deadline. There's trouble at home. Or some series of unexpected events have you feeling stressed out and anxious. Now what?

A two-week vacation to sort things out and recharge might help. But is there anything else you can do to improve your mood and feel better?

Yes, and it's simple. Make a choice to improve your mood. Learn to focus on the positive and pay attention to your surroundings, instead of just focusing on what's wrong. In a recent study, researchers found that taking just a few minutes to refocus can reduce stress and anxiety.²

Follow these 3 easy steps to chill out:

- 1. Take a walk break.** It doesn't have to be far. Walk around the block, through the mall, or in a park. You could even use a treadmill. Aim for 10-15 minutes; more if you have time.
- 2. Observe.** Your brain will want to review your to-do list or rehash whatever's bothering you while you walk. But push those thoughts aside. Instead, focus on making simple





Zesty Skillet Zucchini

If your garden's being overrun by zucchini, you've been tagged during Sneak Some Zucchini Onto Your Neighbor's Porch Night, or you just like zucchini, give this recipe a try.

Ingredients

- 1/2 C tomato juice (low-sodium)
- 1/4 tsp black pepper
- 1 onion (medium)
- 1 tomato (medium)
- 1 C mushroom (canned)
- 2 zucchini (medium)
- 1 tsp basil

Directions

1. Peel the onion. Chop it into small pieces.
2. Chop the tomato.
3. Drain the water from the can of mushrooms.
4. Cut each zucchini into thin slices.
5. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes.
6. Add the onion, tomato, and mushrooms.
7. Reduce the heat to medium-high. Cover and cook for 5 minutes.
8. Add the zucchini. Cover and cook for another 5 to 7 minutes.

Serves 6. 29 calories per serving.

Drink More Water: 6 Refreshing Ways to Stay Hydrated

How much water should you drink?

It's hot outside, and you're thirsty. Do you pop open a can of soda and chug it? Or do you go for ice-cold water instead?

If you go with a soft drink or alcohol, you actually increase your risk for dehydration. In the short term that could lead to feeling tired, fatigued, or worse. But it doesn't have to be that way...

On a hot day, drink cold water to stay cool, hydrated, and healthy.

When the weather heats up, people flock to pools, lakes, and air conditioned comfort. Keeping cool on a hot day is important. But drinking water is also important. In fact, it's vital to your health when temperatures soar.³

How much water should you drink?

Most people probably need to drink more of it. Even when it's not hot, health professionals say adults should drink an average of 40-64 ounces of water a day for best health.

The exact amount you should drink depends on factors like how much muscle you have (versus fat), your activity level, and the temperature.



Looking for some easy and refreshing ways to drink more water?

Here are SIX things you can do:

1. Carry a water bottle with you and drink from it throughout the day.
2. Use your watch, computer, or a smartphone app to set reminders to drink water every couple of hours.
3. Drink water in place of drinks you might normally have, like soda, coffee, or alcohol.
4. Keep a log of how much water you're drinking and track your progress.
5. Challenge a friend to drink more water with you.
6. If you want a little flavor, add a squeeze of lemon, lime, or cucumber to water.

Why drink water? It has zero calories, and it's usually free. It helps your brain, muscles, digestion, joints, and kidneys work better. It helps you manage your weight. Plus, proper hydration helps prevent heat-related illnesses.

Now take a break...and a drink of water.

MORE

Daily water recommendations.
<http://tinyurl.com/ybdlv289>

Summer Shouldn't Be Stressful: 3 Ways to Chill Out (continued from page 1)

observations. Notice the details of a tree. Look at clouds overhead. Listen carefully to the sounds around you. Feel the sensation of your feet touching the ground as you walk.

3. Breathe. Breathe in slowly, and exhale slowly as you walk and observe.

"You don't need to exert a lot of extra effort in order to improve your wellbeing," says lead researcher Chih-Hsiang "Jason" Yang. "Being more mindful while you're moving around is enough."

MORE

Learn to relax
<http://tinyurl.com/y7xrku3s>

References

1. Martinez-Valdivieso, D., et al. (2017). Role of zucchini and its distinctive components in the modulation of degenerative processes: Genotoxicity, anti-genotoxicity, cytotoxicity and apoptotic effects. *Nutrients*, 9(7):755. From: <https://tinyurl.com/y86zhdf6>
2. Yang, C., et al. (2018). Momentary negative affect is lower during mindful movement than while sitting: An experience sampling study. *Psychology of Sport and Exercise*, 37:109-116. From: <https://tinyurl.com/yavzqql>
3. Centers for Disease Control and Prevention. (2021). Water and healthier drinks. From: <https://tinyurl.com/vch4b4uj>
4. Saeidifard, F., et al. (2018). Differences of energy expenditure while sitting versus standing: A systematic review and meta-analysis. *European Journal of Preventive Cardiology*, 25:522-538. From: <https://tinyurl.com/yb4wmet3>
5. U.S. Department of Agriculture. (2021). Zesty Skillet Zucchini. MyPlate. From: <https://tinyurl.com/w2rrr9f4>



Take the August Health Challenge!

Be Active 30 Minutes Daily: Learn to sit less & move more

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Why should I do strength training exercises?