



THE Y AXIS



Muscle Makes You Smarter

It's no secret that body-builders and athletes lift weights. It helps build muscle and strength.



But if you're not planning to make a living from flexing your biceps or chasing world records, should you even bother with strength training?

Yes. Building muscle makes you smarter, too.

In a recent study, researchers found that strength training at least two days a week can improve memory, thinking, decision-making, and reaction times.⁴

So go ahead. Lift weights. Do some push-ups. Take a strength training class. You'll get stronger and smarter.

COMMENTS?

Send comments to the editor:

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Increase THIS to Lower the Risk for COVID-19

Study: Sleep protects against coronavirus

Work late. Hang out with friends. Tackle a homework project with a kid well past midnight. Kick off your shoes after a long day and watch late-night TV. Or stay up late to click, swipe, and tap your mobile device. Been there, done that?

There are millions of reasons (and excuses) why you skimp on sleep. But research suggests poor sleep habits raise your risk for contracting COVID-19.¹

The good news: Every 1-hour increase in sleep lowers the risk for becoming infected with COVID-19, according to the study.

- Are you having trouble sleeping?
- Do you wake up frequently?
- Are you feeling tired, stressed, or burned out?
- Or are you choosing to skimp on sleep for work, entertainment, or something else?

You might think burning the midnight oil is fine with a morning latte, energy drink, or caffeine pill. But if you do, you're fooling yourself. If you're chronically sleep deprived, you're at risk for getting sick and contracting COVID-19.

"...Lack of sleep and sleep disorders may adversely influence the immune system..." says lead researcher Hyunju Kim. "We found that lack of sleep at night, severe sleep problems and high level of burnout may be risk factors for COVID-19..."

How much sleep do you need?

Aim for 7 to 9 hours of sleep per night. You'll feel better. You'll be more rested. And you'll help protect yourself from the coronavirus.

MORE

Sleep habits to protect your health
<https://tinyurl.com/f9wz2ctb>

Rethink Your Drink: Daily Soda Habit Raises Diabetes Risk

Improve your mood + improve your health

Pop...fizz...ahhh. Pop open a can of soda and twist off the cap. Fill up a cup at the fountain. It might sound and taste satisfying, but maybe it's time to rethink your drink.

DID YOU KNOW...

- The average adult drinks about 53 gallons of soda a year
- The original fast-food drink size was about 8 ounces, now it's 32 ounces.
- A regular 32-ounce soda contains about 300 calories and 100 grams of sugar
- The American Heart Association recommends no more than 24 grams of sugar per day for women and 36 grams of sugar per day for men.

These are just a couple reasons health experts predict 1 in 3 adults could have diabetes by 2050. And that's a problem. Left unchecked, diabetes can lead to...

- Nerve damage
- Poor circulation
- Vision loss
- Kidney disease
- Heart disease
- Amputations
- And other health problems





Homemade Popcorn with Olive Oil

Skip the microwave popcorn or the movie theater kind lathered in butter. It's easy to make your own. It costs less, too. Popcorn can be a healthy, low-calorie snack. Try this simple recipe:⁵

Ingredients

1/2 C popcorn kernels

1 T extra virgin olive oil

1/4 tsp salt

Directions – Air Popcorn Machine

1. Pour in the popcorn kernels. Place a large bowl beneath the chute. Turn on the popcorn machine, and wait until all the kernels are popped.
2. Drizzle with olive oil. Sprinkle with salt. Mix well.

Directions – Stovetop Popcorn

1. Place olive oil and popcorn kernels in large pot on medium heat. Cover with lid.
2. When kernels begin to pop, turn up the heat. Move the pan back and forth, until all kernels are popped or pot is full.
3. Sprinkle with salt and mix well.

(83 calories/serving. Serves 7)

Aster Awards
HONORING EXCELLENCE IN HEALTHCARE ADVERTISING

Orange Theory: The Fruit to Fight Chronic Disease

Aim to eat 1.5 to 2 cups of fruit per day

“Incoming!” Watch out for flying oranges if you’re in Ivera, Italy. Every year the city hosts the annual Battle of the Oranges.

The event dates back to the Middle Ages when townsfolk overthrew a tyrant. But no clubs or swords are swung around.

Instead, thousands of people throw oranges in a friendly battle to relive the victory. About 500,000 oranges are used. And it’s a juicy mess.

Looking for a sweet way to improve your health?

New research suggests oranges can help fight chronic diseases, like:³

- Heart disease
- Obesity
- Diabetes

The Juicy Details About Oranges

What makes oranges healthy? Here are a few juicy details:

Vitamin C: One orange has about 116 percent of the daily amount of vitamin C your body needs.



Fiber: This citrus fruit is also a good source of fiber. It has about 12.5 percent of the fiber you need per day.

Getting enough vitamin C and fiber in your diet can help:

- Strengthen the immune system
- Lower the risk for heart disease and stroke
- Reduce bad cholesterol
- Control blood sugar
- Prevent certain types of cancer

Pick up some oranges the next time you’re at the grocery store. But don’t throw them at people. It’s better for your health to eat the fruit.

Aim to eat about 1.5 to 2 cups of fresh fruit a day, along with 2 to 3 cups of fresh vegetables.

MORE

Oranges vs. orange juice: Which is better? <https://tinyurl.com/ybc4z8jv>

Rethink Your Drink: Daily Soda Habit Raises Diabetes Risk (continued from page 1)

Thirsty? Drink More Water

If you want to cut your risk for diabetes, drink more water. Just one soda a day may raise the risk for diabetes and other health problems.

A recent study found that people who drink 1 to 2 sodas a day or more are more likely to

develop diabetes than those who don’t.² And it doesn’t really matter if it’s regular or diet soda.

Do you drink soda? The real deal or diet? If you’re thirsty, skip the soda and drink more water. And if you want a little flavor, add lemon, lime, kiwi or cucumber slices.

MORE

Learn more about soft drinks & disease <https://tinyurl.com/hwd8kcy>

References

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Take the October Health Challenge!

Breathe Healthy: Practice breathing to improve your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What should I do if I’m always tired?