



THE Y AXIS



This Detox Will Boost Your Mood

How much do you click, swipe, tap, and scroll?



People who use social media spend up to 8 hours a week staring at a screen.

And if you're feeling like you're in a funk, that might be the reason.

What if you took a break from social media?

You know...no Facebook, Twitter, TikTok, Instagram, Pinterest, and all the others.

In a recent study, something happened when people cut social media use to just 3 minutes a day or less.⁴

The digital detox helped improve wellbeing. It also reduced feelings of depression and anxiety. Try it.

COMMENTS?

Send comments to the editor:

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Stop THIS Time Waster to Prevent Heart Disease

Limit TV screen time to less than 1 hour per day

Do you binge-watch your favorite streaming picks in front of a big screen?

Maybe you sit down after dinner to watch a TV show and catch the nightly news for a couple hours.

Or does your schedule include a regular dose of movies at home with popcorn, treats, and soda?

If you use a smartphone or computer for work, chances are pretty good you spend a lot of time staring at a screen. It's become a necessity for a lot of people.

But how much time do you spend in front of a TV screen?

In a recent 12-year study, researchers wanted to find out if there was a connection between TV time and heart disease.¹

- **The study.** Researchers looked at genetic risk factors for heart disease and TV screen time habits in a group of 500,000 adults.
- **The results.** They found spending less than an hour per day in front of a TV screen may cut the risk for heart disease by up to 16 percent...regardless of genetic risk factors.

“Our study provides unique insights into the potential role that limiting TV viewing might have in preventing...heart disease,” says lead researcher Dr. Youngwon Kim. “Limiting the amount of time sat watching TV could be a useful, and relatively light touch, lifestyle change that could help individuals...”

Looking for something good to watch? Turn off the TV. Go for a walk, and just look around.

MORE

Reduce screen time & get active
<https://tinyurl.com/3c2e5rbp>

Beans: The ‘Magical’ Way to Beat Hunger

Study: Eating beans for breakfast helps you eat fewer calories

“Beans, beans...the magical fruit. The more you eat, the more you...”

Ahem, you know the rest.

Beans for breakfast

Ever thought about that? Cereal, fruit, toast, donuts, or the coffee shop drive-thru might be your go-to plan for breakfast. Or maybe you skip breakfast.

What you eat (or don't eat) to start the day can have an impact on your appetite, according to a recent study.²

The study: Researchers fed a group of 43 people one of three breakfasts over several weeks:



- **Breakfast 1:** Meat patty with mashed potatoes
- **Breakfast 2:** Bean patty with mashed peas
- **Breakfast 3:** Bean potato patty with mashed peas

Three hours after breakfast, the people rated their hunger. Then they were all served the same lunch (pasta with meat sauce). They could eat as much lunch as they wanted, but researchers kept track of how many calories they consumed.

The results: People who had the bean patty with mashed peas for breakfast ate 12 to 13 percent fewer calories for lunch than the other



Chickpea Salad

Need a healthy and easy-to-make salad for a picnic lunch or dinner? Try this chickpea salad recipe.⁵ (You might know chickpeas by their other name: garbanzo beans.) You only need six ingredients, and it takes just a few minutes to make.

Ingredients

- 1 15-oz can chickpeas (drained, rinsed)
- 1/3 C light mayonnaise
- 1-1/2 stalk celery (diced)
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- Salt and pepper to taste

Directions

1. In a bowl, mash chickpeas with a fork. (Or you can puree them in a blender.)
2. Stir in remaining ingredients until mixed well.

Use the Granny-Method to Fight Obesity

Aim for at least 2 days of strength training per week

Florida resident Edith Murway-Traina likes to spend time in the gym.

She might not be as agile as she was when she was a dancer. But at 100 years old, she's still active and strong.

In fact, she holds a Guinness World Record for deadlifting 163 pounds and bench pressing 63 pounds.

Strength training for weight loss

If you need to lose weight, you might think you need to ramp up running, jogging or walking to tip the scale in the right direction.

But what if you have aches and pains or weaknesses that make that type of exercise hard? You know...things like knee pain, back pain, poor balance, or lack of strength.

No cardio. No problem. There's another way... The Granny Method.

In one recent study, researchers found that strength training like Edith can be an effective way to:³



- Lose weight
- Build muscle
- Increase strength
- Improve balance
- Improve overall health

“We can use resistance training and achieve meaningful effects with a diet based on caloric reduction,” says lead researcher Pedro Lopez. “We can reduce body fat percentage, whole-body fat mass, body weight and BMI.”

Strength training guidelines for adults

The American College of Sports Medicine recommends adults strength train at least two days a week. Here are some easy ways to get started:

- Take a strength training class
- Work with a personal trainer
- Lift weights at the gym, or...
- Do bodyweight exercises like squats, lunges, push-ups and crunches

MORE

5 strength-training tips for weight loss
<https://tinyurl.com/398z366c>

Beans: The ‘Magical’ Way to Beat Hunger (continued from page 1)

groups. They also reported feeling less hungry between breakfast and lunch.

Want to improve your diet and control hunger?

Eat beans for breakfast. Try:

- A breakfast burrito with black beans and chopped veggies.

- Mix mashed beans in with a fruit smoothie.
- Hummus with vegetables or whole-grain crackers.

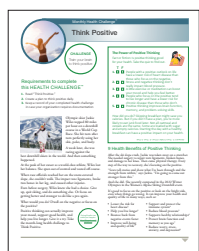
Bean count. The protein and fiber in beans will help you feel fuller longer. Beans for breakfast can also help you lose weight or maintain a healthy weight.

MORE

10 ways to eat beans for breakfast
<http://tinyurl.com/y89odunk>

References

1. Youngwon, K., et al. (2022). Genetic susceptibility, screen-based sedentary activities and incidence of coronary heart disease. *BMC Medicine*, 20:188. From: <https://tinyurl.com/yc653vs9>
2. Kristensen, M., et al. (2016). Meals based on vegetable protein sources (beans and peas) are more satiating than meals based on animal protein sources (veal and pork) – a randomized cross-over meal test study. *Food & Nutrition Research*, 60. From: <https://tinyurl.com/2jivcd4b>
3. Lopez, P., et al. (2022). Resistance training effectiveness on body composition and body weight outcomes in individuals with overweight and obesity across the lifespan: A systematic review and meta-analysis. *Obesity Reviews*, 23:5. From: <https://tinyurl.com/25xu8buw>
4. Lambert, J., et al. (2022). Taking a one-week break from social media improves well-being, depression, and anxiety. A randomized controlled trial. *Cyberpsychology, Behavior and Social Networking*, 25:5. From: <https://tinyurl.com/yc46up4n>
5. U.S Department of Agriculture. (2022). Chickpea Salad. From: <https://www.nutrition.gov/recipes>



Take the June Health Challenge!

Think Positive: Train your brain to think positively

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
How can I add more vegetables to my diet?