



THE Y AXIS



Need a Pick-Me-Up?

Waking up in the morning can be hard for some people. Staying alert when surges of afternoon tiredness hit can be too.



What do you do when you need a pick-me-up?

Some people gulp down caffeinated drinks, take a nap, or go for a brisk walk. But there's at least one more thing you can do.

Chew on this...

Skip the caffeine. Take a walk if you can. And if a nap doesn't fit your schedule, chew on this.

One study found that chewing mint-flavored gum for about 10 minutes may help increase brain activity and alertness.

COMMENTS?

Send comments to the editor:

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Watermelon: A Delicious Way to Lower Blood Pressure

Celebrate National Watermelon Day with this sweet & juicy fruit

Pick up a carefully-cut wedge of watermelon. Take a bite. Savor its sweet taste. If the juice runs down your arm, you know you've picked the perfect melon.

On Aug. 3, 2024, millions of people will celebrate National Watermelon Day. This sweet and juicy fruit tastes great, and it's an iconic part of summer.

But it may also be just the thing to help control blood pressure, according to a recent study.¹

1 in 3 adults have elevated or high blood pressure

According to the American Heart Association, elevated or high blood pressure can lead to:

- Heart attack
- Stroke
- Vision loss
- Kidney disease
- And other health problems

MORE

Try these sweet watermelon recipes <https://tinyurl.com/6cuncxjn>

But it doesn't have to be this way. In the study at San Diego State University, researchers looked at the impact of eating cookies vs. watermelon.

And the results for watermelon were a lot juicier than cookies. Researchers found that...

Eating watermelon every day can help you:

- Lose weight
- Lower Body Mass Index
- Reduce triglycerides and LDL (bad) cholesterol
- Lower blood pressure

There's other benefits, too. Watermelon is low in calories. It contains vitamins, minerals and antioxidants that prevent disease and certain types of cancer. And it's about 92 percent water to help you stay hydrated.

Eating a slice of watermelon may be the most popular way to enjoy this fruit. But it also tastes great in fruit salad, salsa, and drinks. That's some juicy stuff...Yum!

Do THIS 30 Minutes a Day to Live Longer

108-year old shows you how it's done

Julia Hawkins liked to work in her yard. And if the phone rang, she'd run inside to answer it.

At 100 years old, that was pretty active — even for a lot of adults half her age. But she decided she could do better. So she laced up her running shoes and started moving more.

At 105 years old, she clocked a 62-second finish for the 100-meter dash at the U.S. Track and Field outdoor championship for seniors and set a new world record. She also set records at the National Senior Games.

Her speed and power earned her the nickname, 'The Hurricane.' And at 108 years old, she's still going.

"When you get older, you should have magic moments and passions," says Julia.

"You have to have something to look forward to, something to be ready for, something to care about."

Get 30 minutes of exercise a day

Want to improve your health, feel better, and live longer? Be active, even as you age.

The American College of Sports Medicine recommends adults get at least 30 minutes of exercise five days a week.





Fruit & Feta Salad

Hungry for a sweet, refreshing and flavorful salad? Grab some watermelon and cantaloupe, plus a few other ingredients, and give this Fruit & Feta Salad recipe a try.⁴

Ingredients for the vinaigrette dressing

- 2 T balsamic vinegar
- 1-1/2 T olive oil
- 1 dash black pepper

Ingredients for the salad

- 2 C watermelon chunks
- 2 C cantaloupe chunks
- 1/4 C medium red onion, thinly sliced
- 6 C fresh spinach or arugula
- 1/2 C reduced-fat feta cheese crumbles
- 1/4 C pine nuts

Directions

- Whisk together vinaigrette ingredients.
- Toss with remaining ingredients and serve.

Serves 4. 221 calories per serving.

Calories in Restaurant Meals Might Surprise You

Cook at home more often to control calories

When you're busy and you're hungry, how do you curb your cravings?

A lot of people hit the drive-thru for a burger, fries, and soda, or go to a restaurant.

In fact, a recent survey found that about 58 percent of adults dine in or order take-out at least once a week.

How often do you dine in or get take out?

If it's more than once in a while, it could be the reason you weigh more than you should or have other health problems.

- In a recent study, researchers followed 18,000 people for eight years.³
- They tracked their food choices and looked at the results.
- Restaurant diners ate at least 200 calories more per meal than those who ate at home.
- They also consumed more cholesterol, fat, and sodium than people who ate at home.

A few more calories per restaurant meal may not seem like much.



- But an extra 200 calories just once a week adds up to 10,400 calories in a year.
- You would need to walk for about 52 hours at a brisk pace to burn that many calories.

If you want to keep your weight under control and improve your health, make an effort to prepare your own meals more often. It might take a little planning. But you'll be able to choose healthier options than what's available on a menu.

MORE

Calories in popular restaurant meals
<https://tinyurl.com/4rr9spav>

Do THIS 30 Minutes a Day to Live Longer (continued from page 1)

- Why? Aerobic exercise helps burn calories and fat. It lowers the risk for chronic disease. Exercise also helps strengthen your heart, lungs, and muscles.
- Here's the thing: Only about half of adults get 30 minutes of exercise a day.²

Are you getting at least 30 minutes of exercise most days? If you are, keep it up. If you're not, find an activity you enjoy, and get started.

MORE

7 easy ways to be more active
<https://tinyurl.com/ydvtv3u6>

References

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Take the August Health Challenge!

Be Heart Smart: Make heart-healthy choices daily

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I help my family be more active?

