



THE Y AXIS



Follow the Declutter Diet

Looking for a new diet to help you manage your weight? Try the Declutter Diet.



Just be warned. If you're a natural-born slob, this might be harder than swapping kale for candy bars or broccoli for burgers. Instead of thinking about what to eat, take a look around you.

Is your office, kitchen table, or even your car cluttered with mail, papers, garbage, or dirty dishes?

A recent study found that eating in a messy place may increase your appetite for unhealthy snacks.⁵

If you want to eat healthier, start by doing the dishes, sorting your mail, and taking out the trash.

COMMENTS?

Send comments to the editor:

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Healthy Habit Makeover: 4 Strategies for Success

How to replace bad habits with healthier ones

If you think you could handle a healthy habit makeover in 2023, you might need to start by taking a hard look at your bad habits. For example:

- Smoking, drinking too much, and overeating are habits that can directly affect your health.
- For others, bad habits like overspending, wasting time, or nail biting can put a dent in your self-esteem or your pocketbook.

Fortunately, bad habits can be replaced with good ones.

“Habits play an important role in our health,” says Dr. Nora Volkow of the National Institutes of Health. “Understanding how we develop habits can help us change our lifestyles and adopt healthier behaviors.”

If you're ready for a healthy habit makeover this year, here's how to get started:³

1. Recognize your bad habits

Then come up with a plan to counteract them. For example:

- Bring a healthy snack to work instead of plugging the candy machine with quarters every afternoon.
- Take up a healthy hobby, and spend less time on the Internet or watching TV.

2. Visualize your response to temptation

If you salivate at the thought of your favorite brand of potato chips or sleeping in an extra 30

minutes in the morning, you need to change the way you think.

Start by visualizing the way you would like to respond. For example:

- Imagine yourself eating a healthy snack instead of the chips, or waking up early to fit in a workout at the gym.
- Then imagine how great it feels to make the better choice.

3. Get help from family and friends

One of the best ways to be successful at breaking old habits and forming new ones is by joining a support group.

- Be accountable.
- Ask your family, friends, or co-workers to help you.
- Give them a regular report on your efforts, and welcome their advice and encouragement.

4. Be patient

Keep in mind that you didn't develop your bad habits overnight. And you don't have to keep them if you don't want them. But you may need a little patience in turning them around.

If you slip up, don't give up. Just start over.

With a consistent effort, you can develop healthier habits this year that will last a lifetime.

No Gym, No Problem: 6 Benefits of Bodyweight Exercises

Bodyweight training improves overall health

Got a goal to get more exercise this year? Let's start by removing any barriers or excuses that might get in the way...

You don't need a gym membership, expensive equipment, or a personal trainer. You can get adequate exercise using your own body weight.

Bodyweight exercises include things like:

- Push-ups
- Squats
- Curl-ups
- Lunges
- Planks
- Jumping Jacks

6 health benefits of bodyweight exercises

Buh-bye excuses, you can exercise anytime, anywhere with bodyweight exercises.



Did you know bodyweight training is one of the top-ranked ways people like to exercise?! It's convenient, doesn't cost any money, and you can exercise whenever you want.

Research also shows bodyweight training can:

1. Build muscle strength & endurance
2. Improve agility and flexibility
3. Strengthen heart and lung function



Quick Chicken & Vegetable Soup

Looking for a quick and easy soup recipe that's healthy, hearty, and packed with flavor? Give this soup recipe a try:⁴

Ingredients

- 1 T onion (chopped)
- 1 can tomatoes (14.5 ounce, broken up)
- 1 C potatoes (cut in pieces)
- 2 C chicken broth, low-sodium (14.5 ounce can)
- 1/2 C chicken, cooked and chopped
- 1 package mixed vegetables (10 ounce frozen)
- 1/4 tsp thyme
- 1/8 tsp ground black pepper
- 1/8 tsp salt

Directions

1. Use only cooked chicken for this recipe.
2. Put the tomatoes, potatoes and broth in the pot.
3. Cook on medium heat until boiling. Then add onion.
4. Turn heat to low, and simmer for 10 minutes.
5. Add remaining ingredients, and cover pan.
6. Cook for at least 5 more minutes over low heat until vegetables are tender.

Makes 4 servings.
148 calories per serving.

Soup's On! January is National Soup Month

A simple & healthy way to beat the winter blues

Archeological evidence suggests that the first bowl of soup cooked up to cure ailments was made around 6,000 B.C. And the main ingredient wasn't anything you'd find at your local grocery store (hippopotamus!).

For ages, soup has been a mainstay of diets around the world. And **January is National Soup Month.**²

Fun facts about soup...

- The late President John F. Kennedy almost always had soup and a sandwich for lunch.
- Frank Sinatra dined on chicken and rice soup before he went on stage.
- And French ladies of King Louis IX's court preferred soup because they thought chewing food caused wrinkles.

Whether you slurp it, drink it, or eat it with

MORE

Try these 6 healthy-soup recipes
<https://tinyurl.com/svwzr3wa>

a spoon, people consume billions of bowls of soup every year.

Soup can be tasty, healthy and filling. But not all soups are created equal.

- **Canned soups** contain high levels of sodium, and often skimp on the good stuff like tomatoes, legumes, carrots, peas, onions, celery, broccoli, and spices.
- **But prepared the right way**, soup can aid in weight loss and deliver a host of health benefits with a palate-packed punch of flavors, vitamins, nutrients, and antioxidants.

If you're going to eat soup, give it a shot and make your own with broth and fresh or frozen vegetables.

If you're pressed for time, look for low-sodium, canned options. Also look for broth-based soup rather than cream-based, because they're generally lower in fat and calories.

Soup, it's mmm-mmm-good for you.



No Gym, No Problem: 6 Benefits of Bodyweight Exercises (continued from page 1)

4. Aid in weight management
5. Improve quality of life
6. Improve overall health

No time to exercise? Don't want to go to the gym or buy expensive equipment? Keep it simple, and do bodyweight exercises at home. Here are a few ways you can do this:

- Create your own workout routine with a group of bodyweight exercises.
- Stop what you're doing and hold a plank for as long as you can.

- Perform jumping jacks during commercial breaks
- Do push-ups between phone calls or appointments or after completing a task
- Set aside 15 to 30 minutes, and do a bodyweight exercise workout

Start with a simple workout, and gradually increase repetitions and exercise time as you get stronger. You'll feel better, get stronger, and be healthier.

MORE

Bodyweight exercise benefits
<https://tinyurl.com/5n92j87>

References

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Take the January Health Challenge!

Set Healthy SMART goals: Create a plan to improve your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What are some health benefits of eating more plant-based foods?