



WELLNESS NEWSLETTER
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THE Y AXIS



Do This 4 Hours After Learning Something New...

You've just finished reading the user manual for your computer. You've wrapped up another lesson learning to speak a foreign language. Or you've spent a chunk of time studying for a test.



Will it stick? Tomorrow will you remember what you learned?

It's no secret that repetition will help. But it's not the only way to add things to your memory bank, according to a recent study.⁴

Four hours after you learn something new, exercise for at least 30 minutes.

When you do this, you're more likely to store the new info in your brain's long-term memory.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

5 Sweet Health Benefits of Eating Watermelon

Eat this low-calorie fruit to improve your health

Did you know July is National Watermelon Month?

The annual celebration at the California Watermelon Festival always gets a little juicy.

Try watermelon skiing. Carve out two watermelons into a make-shift shoes. Sink your feet into the sweet insides, and hold on. Your friends will pull you along with a rope while you ski down a juicy watermelon path.

And when you're done, there's more...43,000 pounds more. That's how much watermelon people eat at the annual festival.

You may not be heading to the Golden State mid-summer, but you can still celebrate National Watermelon Month. It's easy.

Eat watermelon.

- This sweet, low-calorie fruit is great as a stand-alone snack.
- It tastes great as a frozen treat.

- And it pairs well with summer, salads, smoothies, and other healthy sides.

5 sweet & juicy health benefits of watermelon

In the middle of summer, watermelon is a perfect way to get your fruit fix, and it's healthy. In one recent study, researchers found that eating 2 cups of watermelon per day helped:¹

- Support weight loss
- Reduce Body Mass Index
- Lower blood pressure
- Decrease waist size
- Reduce hunger

There's only about 50 calories in one cup of watermelon.

It's sweet, but only contains a small amount of natural sugar.

And if you need a little help staying hydrated on a hot summer day, eat this fruit. Watermelon is about 92 percent water. No wonder watermelon skiing is a thing.

MORE

How to pick a good watermelon
<https://tinyurl.com/msjx2e5s>

Spice Up Your Meals to Improve Heart Health

Study: Spicy seasonings help control triglycerides

Does that meal taste a little bland? If you instinctively reach for the salt shaker, you're not alone.

The average adult consumes about three pounds of salt a year. Processed foods are high in sodium. And there's probably a salt shaker within reach wherever you eat.

But salt isn't the only way to make food taste good. There's a better way.

Instead of adding more salt, use spices to add a little flavor to your favorite foods. Try:

- Cumin
- Rosemary
- Ginger
- Turmeric
- Oregano

Enjoy the spice of life

A recent study found that using spices can help lower triglycerides, or fat in the blood.²



A high level of triglycerides can increase your risk for heart disease.

In the study, people who ate meals seasoned with spices lowered their triglyceride levels by



Real Raspberry Sorbet

Hungry for a sweet treat that won't destroy your diet, and actually tastes good? Skip the ice cream, dessert bar, or drive-thru. Give this Real Raspberry Sorbet recipe a try.⁵ You'll only need four ingredients, and you can prepare it in less than 10 minutes.

Ingredients

- 2 large bananas (peeled, chopped, and frozen)
- 2 C frozen raspberries
- 2 T natural maple syrup
- 2 T lemon juice

Directions

1. Remove bananas from freezer and place in a food processor. Let sit for 5-7 minutes. Pulse until smooth.
2. Add raspberries, syrup, and lemon juice. Blend until smooth. Stop to scrape sides of blender if needed.
3. Pour into cups.

Makes 6 servings.
97 calories per serving.

Be More Active: You Won't Believe How Far This Guy Walked!

Aim for just 30 minutes of exercise per day



Former Army Ranger Holly "Cargo" Harrison wanted to see if he was tough enough to go the distance.

So he laced up a pair of hiking boots. He grabbed some poles and gear. And he headed about as far south as you can go to Ushuaia, Argentina.

That's where he started walking. For the next 17-1/2 months, he walked every day. His journey included border crossings, bad weather, health problems, and other challenges.

But Harrison didn't let those things stop him. He kept going. And eventually, he reached his goal, arriving in Prudhoe Bay, Alaska, after walking more than 15,000 miles.

"As it turns out, my walk took me to a place that I never expected to go," says Harrison. "Physically, I arrived at Prudhoe Bay, but emotionally, I reached a place deeper within myself..."

MORE

How to walk 10,000 steps per day
<https://tinyurl.com/2epdtf98>

A simple way to improve your health:
Walk more

At some points during his journey, Harrison walked 30 miles a day. That's a lot. You don't need to exercise that much to improve your health. But you should be active.

• **How much exercise do you get?**

About 77 percent of adults don't get enough aerobic (30 minutes a day) and strength exercise (2 days a week).

But if you want to improve your health, feel better, manage your weight, and prevent chronic disease, a little more exercise can help.

Here's an easy way to start: Go for a walk.

Make it a regular part of your day. If you don't have a 30-minute block of time, take three short walk breaks throughout the day.³

Take one step, and then another. And track your progress. That's the same way Harrison made it all the way from Argentina to Alaska.

Spice Up Your Meals to Improve Heart Health (continued from page 1)

one-third, compared to those who ate the same meals without spices.

Be generous with the spices you add to meals you prepare. (Note that salt is not a spice.)

And don't be afraid to order the spicy entrée or seasoned soup if you go out to eat. You'll enjoy the taste, and the spice of life.

MORE

Add flavor with herbs & spices
<https://tinyurl.com/y8fku9p8>

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Take the July Health Challenge!

[Eat Healthy Fats: Choose healthy fats to improve your health](#)

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

[What can I do to reduce seasonal-allergy symptoms at home?](#)



WELLNESS CHALLENGE

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Eat Healthy Fats



CHALLENGE
Choose healthy fats to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read "Eat Healthy Fats."
2. Create a plan to add more healthy fats to your diet.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Butter. It's one of the attractions that brings close to 100,000 people a day to the Iowa State Fair every year.

But the droves of people aren't looking for a pat of butter on toast, a biscuit, or corn-on-the-cob.

They come to see the Butter Cow sculpture and

other butter-themed creations made by Sarah Pratt, the fair's resident butter sculptor.

The famous Butter Cow sculpture has been an Iowa State Fair tradition for more than 100 years. It's a life-size replica of a cow made from 600 pounds of pure-cream butter.

And if you did carve it up into single-serving pats of butter, it would be enough to butter 19,200 slices of toast. That's a lot of butter.

Pratt's creations might be nice to look at, but butter and other foods that contain saturated or trans fats can clog your arteries and increase your risk for chronic diseases.

Health professionals recommend avoiding or limiting bad fats. However, your body needs good fats to protect your health and provide you with energy.

Skip the butter on your morning toast and take the month-long Health Challenge to Eat Healthy Fats.

Fat Facts Quiz

How much do you know about healthy fats? Take the quiz to find out.



T F

1. Most fruits and vegetables contain some healthy fats.
2. Olive oil is not any healthier than butter or margarine.
3. Saturated fats and trans fats can raise cholesterol levels and increase the risk for a heart attack or stroke.
4. Some major sources of unhealthy fats for many people are red meat, pizza and milk.
5. Eating plant-based foods is the best way to add more healthy fats to your diet.

How did you do? Olive oil is a healthier option than butter, margarine and vegetable oil. Eating more whole, plant-based foods and healthy fats can help lower bad cholesterol levels, increase good cholesterol levels and prevent disease.

Answers: 1. True 2. False 3. True 4. True 5. True.

Cholesterol Levels & Your Diet



The type of fats you eat can have a big impact on cholesterol levels.

Having high cholesterol puts you at risk for heart disease and stroke.

Both are leading causes of death in the United States that claim the lives of about 857,000 people a year.¹

- **Total cholesterol.** An estimated 94 million adults in the U.S. have total cholesterol levels higher than normal.²
- **Only 1 out of 3 adults** with high cholesterol has the condition under control.
- **There are no symptoms.** Many with high cholesterol don't even know it.

Infographic:
7 tips to control
cholesterol
<https://tinyurl.com/438vy3uk>

Add These 9 Healthy-Fat Foods to Your Diet

Fortunately, not all fat is bad. Healthy fats, or unsaturated fats, found in plant-based foods, protect your heart and brain, and help lower the risk for heart disease, stroke and other chronic diseases.⁴

Hungry for better health? Add these healthy fats to your diet:

- Olive oil
- Canola, soy, and other non-hydrogenated plant oils
- Trans fat-free, soft tub margarines
- Salad dressings made from non-hydrogenated vegetable oils
- Cold water fish, such as salmon
- Olives and avocados
- Nuts and seeds, including flax seeds
- Plant-based spreads, such as hummus or nut butters
- Fruits, vegetables, and legumes

Plant-Based Power to Control Cholesterol

Choosing foods with less trans fats and saturated fats will help lower your blood cholesterol levels and protect your health.

Plant-based foods like tofu, avocado, soy products, and legumes (peas, beans, lentils, etc.), are cholesterol-free, low in saturated fat, and actually lower cholesterol because of their healthy fat and fiber content.

Vegetables, nuts and seeds, and whole-grain breads and cereals are good sources of healthy fats too.

Eat more healthy fats, and you'll be healthier, feel better, and live longer.



Cut down on saturated fats
<https://tinyurl.com/bdzkprtd>

4 Ways to Measure Cholesterol

A simple blood test can measure cholesterol for:³

- **Total cholesterol.** A measure of the total amount of cholesterol in your blood. (Healthy level for adults = 125 to 200 mg/dL)
- **LDL (bad) cholesterol.** The main source of cholesterol buildup and blockage in the arteries. (Healthy level for adults = Less than 100 mg/dL)
- **HDL (good) cholesterol.** HDL helps remove cholesterol from your arteries (Healthy level for adults = 40 mg/dL or higher)
- **Triglycerides.** The most common type of fat in your body.



5 Types of Fatty Foods to Avoid or Limit

Walk down the aisles at the grocery store and you're bound to see dozens of product packages labeled "low-fat."

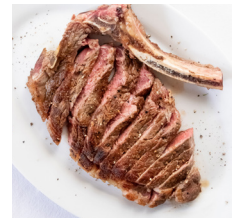
Don't be fooled. In most cases, the label just means the item is low in saturated or trans fat, and not a good source of healthy or unsaturated fat.

Here are 5 types of fatty foods to avoid or limit:

- **Meats:** Beef, lamb, pork, sausage, bacon, hamburgers, hot dogs, steak
- **Full-fat dairy:** Whole milk, cream, butter, ice cream, cheese
- **Animal and solid fats:** Lard, vegetable shortening, hard-stick margarine
- **Baked goods using solid fats:** Pie crust, cake, cookies, pastry, doughnuts, crackers
- **Coconut or palm oil:** Non-dairy toppings and creamers

Is it healthy fat? Here's an easy way to tell. If it's solid at room temperature (like the 600-pound Butter Cow sculpture), it's not healthy.

Fats and cholesterol
<https://tinyurl.com/2p92tjd6>



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Eat Healthy Fats



CHALLENGE
Choose healthy fats to improve your health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to add more healthy fats to your diet.
3. Use the calendar to record your actions and choices to eat healthy fats
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
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_____ Number of days this month I ate healthy fats
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

 Name _____ Date _____



WORKPLACE WELLNESS
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ASK THE DOCTOR

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Q.

What can I do to reduce seasonal-allergy symptoms at home?

A.

You open the shades on a sunny summer day to let in some sunlight. Maybe you take a walk in the park, or work in the yard.

That might sound refreshing. But if all you can see is green grass, flowers in bloom, and clouds of dust, pollen and other allergens in the air, you might be thinking, “Oh no. It’s allergy season.”

Seasonal allergies: About 50 million people in the United States suffer from seasonal allergies.¹ Common symptoms include...

- Itchy, watery eyes
- Sneezing
- Coughing
- Runny nose
- Sinus pressure
- Maybe even trouble breathing if you have asthma²

Q: If your summer season includes a lot of tissues, elbow coughing, and even missed days at work because of seasonal allergies, is there anything you can do about it?

A: Yes.

Cleaning tips to beat seasonal allergies

It’s tough to avoid many of the allergens that trigger an allergic reaction. It’s even harder if you spend a lot of time outside.



Cleaning Tips to Control Seasonal Allergies

But inside...a little cleaning can go a long way to help you breathe easy and avoid asthma and allergy problems.

Here are some things you can do:³

In the kitchen

- Clean floors, cabinet surfaces, backsplashes and appliances weekly. Use soap and water.
- Keep the refrigerator clean. Use a little vinegar to clean.
- Use an exhaust fan when you cook to reduce moisture and mold.

In bedrooms/living room

- Use dust-proof covers for pillows, mattresses, and box springs.
- Wash bedding weekly.
- Vacuum carpets, sofas, and chairs weekly.
- Wash rugs and floor mats weekly. Mop hard surfaces.

In the bathroom

- Use an exhaust fan to reduce moisture from baths and showers.
- Wash rugs, mats, and linens weekly.
- Dry the tub or shower with a towel after use to prevent mold growth.

ASK THE *Wellness* DOCTOR

Around the house

- Keep windows closed during allergy season. Use air conditioning (AC).
- Get rid of any items that collect dust.
- If you have indoor pets, keep them out of the bedroom.
- Change the air filters in your air-conditioning and heater seasonally.
- Avoid using cleaning sprays.⁴ Research shows frequent use of cleaning sprays increases the risk for asthma and breathing problems. Use vinegar.

If you have asthma or allergies, you can still enjoy sunshine and summer. Just take a little extra time to keep your house clean to reduce dust, pollen, and other allergens.

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Head Office: 502 Old Wonderland Rd. London, ON N6K 1L6
info@ewsnetwork.com | www.ewsnetwork.com