



A Little Exercise Goes a Long Way

Raise your heart rate to boost health

When Oregon resident Heather Tourville heads to Spokane, Washington on May 7 with her husband and two kids, there's a reason for the trip. But it's not the usual sit-back-and-relax get-away. Call it an active vacation.

They won't be visiting the childhood home of crooner Bing Crosby. And they won't be going just to see what's left of the 1974 World's Fair. But they will be joining 45,000 people for one of the biggest races in the world: The Lilac Bloomsday Run.

"We've been training together as a family," says Tourville, who has completed the 7.46-mile race before. "It's been a lot of fun to walk and run with my husband and kids to get ready for the race."

More than a million runners, walkers, joggers, kids, and people in wheelchairs have finished the race during its 40-year history. Even a 105-year-old woman has walked her way to the finish line.

Be Active 30 to 60 Minutes a Day

You don't have to sign up for a race. But you do need to be active.

When you walk, bike, dance, or work in your garden, your heart beats faster. Research shows that physical activity quickens your pulse and strengthens your heart, lungs, and muscles.² Being active also helps control weight, improve sleep patterns, reduce risk for chronic diseases, and improve mood – all of which help you live longer.

Can you go the distance?

With a little effort, you'll be strong enough to complete an organized walk or a run in your area. You don't need to be a diehard runner. But you do need at least 30 minutes of physical activity a day. If you're not doing that already, set a goal to get there. Even a little exercise goes a long way to improve your health. @

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How much exercise do you need?
tinyurl.com/kf49fgw

THE Y AXIS



What Are You Looking At?

It's hard to escape these days.

Unless you're asleep, there's a good chance a big part of your day includes staring into a digital screen.



How often do you use a computer, tablet, smartphone, or sit in front of the TV? More than you probably care to admit.

Nearly 90 percent of adults use digital devices for two or more hours a day.¹ And that's long enough to cause digital eye strain. Symptoms include:

- Neck, shoulder and back pain
- Eye strain
- Headaches
- Blurred vision
- Dry eyes

Got digital eye strain? Cut back on screen time. Put down your smartphone. And go for a walk.

COMMENTS?

Send comments to the editor:
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Solving the Mystery of Migraine Headaches

Healthy weight linked to fewer migraines

Nobody wants a migraine headache. It's hard to work, care for family members, or live your life when you have one. The symptoms can include:

- Throbbing, pulsating pain
- Sensitivity to light and sound
- Nausea
- Blurred vision
- Vomiting



If you don't get migraines, you probably know someone who does. About 12 percent of adults suffer from different types of migraine headaches. They're often caused by triggers like certain foods, stress, or lack of sleep. Sometimes, the reason is a mystery.

Now there's another possible trigger. A new study suggests that your weight may be linked to migraines.³ Researchers looked at data for about 300,000 migraine sufferers. They found that obese people were 27 percent more likely to have migraines. But people who maintained a healthy weight were less likely to get migraines.

Are you obese or overweight? Find out by calculating your Body Mass Index. It's a measure of body fat based on your height and weight.

If your BMI is 30 or above, you're obese. And that puts you at risk for migraine headaches.



Zucchini Lasagna

Chop up some onions for this meatless dish.⁵

Ingredients

- ½ lb lasagna noodles, cooked
- ¾ C mozzarella cheese, grated
- 1-½ C cottage cheese, fat-free
- ¼ C Parmesan cheese, grated
- 1-½ C zucchini, raw, sliced
- 2-½ C tomato sauce
- 2 tsp basil, dried
- 2 tsp oregano, dried
- ¼ C onion, chopped
- 1 clove garlic
- ½ tsp black pepper

Directions

1. Preheat oven to 350° F. Coat baking dish with vegetable oil or spray.
2. In bowl, combine ½ C mozzarella and 1 T Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese. Add cottage cheese. Mix well. Set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of sauce mixture in bottom of baking dish. Add a layer of noodles, cottage cheese mixture, and zucchini. Repeat layering and cover top with noodles.
5. Top with a layer of sauce. Add reserved cheese mixture. Cover with aluminum foil.
6. Bake for 30–40 minutes.

Don't Cry. Everything Tastes Better with Onions

(Well, almost everything.) Onions are good for your health, too.



Cut open the perfect onion, and the sulfuric compounds will bring tears to your eyes. But a few tears in the kitchen are worth the trouble to tap the vegetable's savory taste.


"It's hard to imagine civilization without onions," the late celebrity chef Julia Child once said.

Onions are the most commonly grown (and eaten) vegetable in the world. They're used in a wide range of recipes and nearly every ethnic cuisine. You'll find onions in salsa, soups, and sauces. And they're commonly found on sandwiches and salads.

Onions add a lot of flavor to the foods we enjoy. And they're healthy too. Onions are low in calories. They contain no sodium, fat, or cholesterol. They're a good source of vitamin C, fiber, and other nutrients. And studies show that flavonoids and antioxidants in onions may help reduce your risk for heart disease, bowel problems, and certain types of cancer.⁴

Whether you order out or cook at home, use a lot of onions to flavor and season your favorite dishes. Skip the deep-fried onion rings and other onion creations cooked in fat. Fresh onions – chopped, minced, thinly sliced, or cooked – are healthy for you and taste great.

Julia Child was right. It would be hard for most of us to imagine life without onions. After all, the average American eats about 20 pounds of onions a year. But that doesn't come close to the country that loves onions the most. The average Libyan eats nearly 67 pounds!

Whether you eat 20 pounds or 67, here's a tip for chopping all those onions. Dangle a piece of bread from your mouth. Many cooks swear it keeps your eyes from tearing. 

MORE


Try these onion recipes <http://tinyurl.com/n3yymhc>

Solving the Mystery of Migraine Headaches (continued from page 1)

You may not be able to control every factor linked to migraines. But you can control your weight.

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Calculate your Body Mass Index tinyurl.com/qyqhmdx

Your diet, lifestyle, and exercise habits can make a difference. If you need help, ask your doctor for ways you can achieve a healthy weight. 

References

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5. National Heart, Lung, and Blood Institute. (2005). Zucchini lasagna. Accessed on April 13, 2017 from <http://tinyurl.com/kj9s45g>.



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