



THE Y AXIS



Be the Stair Master

Improve heart health with one-minute bouts of exercise

The next time you see the elevator, resist the urge to press the button and stand around for the doors to open.

Instead, become the Stair Master. Take the stairs and hustle to your destination.

Why? New research shows that even short bursts of stair climbing can improve heart health.¹



Get Fit One Step at a Time

Ready for some Stair Master Training? It's easy. Hustle for just 20 seconds up the stairs. Rest briefly. Then continue. Researchers found that even one-minute bouts of exercise can provide health benefits.

COMMENTS?

Send comments to the editor: evan.jensen@wellsources.com

Yoga to Reduce Lower Back Pain a Slam Dunk

Simple yoga poses reduce pain, improve movement

Przemek Karnowski knows a little something about back pain. He's 7 feet 1 inches tall and weighs 295 pounds. He's spent the last decade jumping, blocking, and scoring points. Then back pain put the future of his college basketball career in question. He had surgery two years ago. And then he got serious about doing yoga.

This month, Karnowski will lace up his basketball shoes for the Gonzaga Bulldogs. He'll go-head-to-head against the best teams as the center for the Bulldogs in the NCAA March Madness basketball tournament. And it's game-on for Karnowski, thanks to yoga.

Yoga Moves for a Healthy Back

An estimated 80 percent of adults will have back pain at some point. For some, the pain lasts for months or years. Medical care, physical therapy, and surgery can help treat back-related problems. And so can yoga.²



Researchers looked at data on 1,080 people with low back pain who did yoga poses. They found that yoga helped reduce pain and improve movement. Yoga must be done for six to 12 months to see these results.

Need relief from lower back pain? Or want to keep your back healthy and strengthen your joints and muscles? Practice yoga. Try these beginner moves:

- Mountain Pose
- Downward-Facing Dog
 - Child's Pose
 - Cat Pose
 - Warrior I

For Karnowski, doing yoga as part of his recovery after back surgery was just what he needed to get back to making slam dunks. @

MORE

Try this 8-minute yoga routine for beginners <http://tinyurl.com/h3l5kmv>

How to Shop for Health at the Grocery Store

Let healthy food choices and healthy recipes guide you

You head to the grocery store after work because you know the fridge and cupboards are bare. And then you realize you don't really have a game plan. Sound familiar?

Do you stock up on frozen meals, fried food from the deli, and dinner in a can? Or do you know what to buy for healthy and easy-to-make meals? Your food choices can have a big impact on your health, your waistline, and your risk for chronic diseases. Here's how to shop smart:

"Make your meal healthier by using foods with lots of color from

natural sources," says cardiologist Dr. Susan Smyth.³ "Start in the produce section with fresh fruits and veggies, which are high in vitamins and fiber and low in fat."

Add these foods to your shopping list

- Fruits (e.g. apples, oranges, bananas)
- Vegetables (e.g. spinach, broccoli, sweet potatoes)
- Low-fat dairy products (yogurt, milk, cottage cheese)
- Whole-grain foods (bread, cereal, pasta)
- Nuts (unsalted)
- Canned beans (low sodium)





RECIPE Roasted Roots

Ever eat a root? Chances are you have. Roots are the tasty part of a plant that grows underground. This recipe⁵ uses colorful, healthy roots. And it's easy to prepare.

Ingredients

- 2 carrots, chopped
- 1 onion, chopped
- 4 other root vegetables (e.g., sweet potatoes, rutabagas, turnips, parsnips, beets, etc.)
- ¼ C olive oil
- 3 T Parmesan cheese or herbs

Directions

1. Preheat oven to 350 degrees.
2. Cut root vegetables into large chunks. Chop carrots and onion.
3. Place vegetables in a medium bowl and pour oil over top. Add seasonings (e.g., dill, basil, oregano, rosemary, parsley, thyme, garlic, etc.) or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender.

Get Your Zzzs to Avoid Getting Sick

7 to 8 hours of sleep boosts immune system

Work late. Hang out with friends. Tackle a homework project with a kid well past midnight. Kick off your shoes after a long day and watch late-night TV. Or stay up late on your mobile device reading, tapping, and swiping. Been there, done that?

There are millions of reasons (and excuses) why you skimp on sleep. But it will cost

you. New research shows that lack of sleep can weaken your immune system and raise your risk for getting sick.⁴

Researchers tracked the sleep patterns of healthy adults. Some slept seven or more hours a night. But others slept less than six hours a night. After just two weeks, tests showed the group not getting enough

sleep had weaker immune systems.

You might think burning the midnight oil is fine with a morning latte, energy drink, or caffeine pill. But if you do, you're fooling yourself. If you're chronically sleep deprived, you're at risk for getting sick. Why? Sleep helps restore your body's health.



Healthy sleep habits
<http://tinyurl.com/h4wx7fc>

It also helps build immune system pathways that fight viruses. "Sleep is as important as diet and exercise to optimal health," says lead researcher Dr. Nathaniel Watson. "Prioritize it in your life and reap the benefits." @

How to Shop for Health at the Grocery Store (continued from page 1)

Get recipe ideas on the go

If you haven't had time to plan out a menu, you can still find healthy recipe ideas on the go. Ask if your grocery store has recipe ideas.



(Many do.) Grab your smartphone and check grocery store websites for healthy recipes. Or visit Nutrition.gov for

more ways to make heart-healthy meals.

Steer clear of packaged foods

Here's another hit for making your shopping trip a little healthier. Avoid packaged foods. Why?

"Almost everything in a plastic wrapper or cardboard package is highly processed," says Smyth.

"These foods are usually loaded with fat, salt, sugar, or all three." @

References

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2. Wieland, L. et al. (2017). Yoga treatment for chronic non-specific low back pain. *Cochrane Library*. doi: 10.1002/14651858.CD010671.pub2.
3. Dawahare, L. (2017). Tips to shop like a cardiologist. *University of Kentucky*. Accessed on Feb. 10, 2017, from: <http://tinyurl.com/hjvf6s3>.
4. Watson, N.F., et al. (2017). Transcription signatures of sleep duration discordance in monozygotic twins. *Sleep*, 40(1):zsw019. doi: <https://doi.org/10.1093/sleep/zsw019>.
5. U.S. Department of Agriculture. (2017). Roasted root vegetables. *What's cooking? USDA Mixing Bowl*. Accessed on February 10, 2017, from <http://tinyurl.com/zyco7xp>.



Take the March Health Challenge!

Munch More Leafy Greens: Add more leafy greens to your diet

Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question:
What can I do to prevent falls?