



**WELLNESS NEWSLETTER**  
**JULY 2023**

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## HIGHLIGHTS for the July 2023 Newsletter

### **Use Your Phone: The Insanely-Easy Way to Be More Active**

An estimated 85% of adults own a smartphone, and that's a good thing if you want to improve your health. A new study found that smartphone users can boost activity level by up to 40% if they do THIS...

### **Rethink Red Meat Before You Fire Up the Grill This Summer**

It's summer barbecue season. But before you grill up burgers, steaks, and hot dogs, there's something you need to know about red meat. And you have other options...

### **The Surprising Benefit of Hanging Out With Healthy People**

"You're the average of the five people you spend most of your time with." Ever heard that before? It's not just business advice. If you want to change your diet, exercise, or lifestyle habits, hanging out with healthy people can help. Here's what you need to know...

### **Y-Axis: Stare Hard**

Stare hard. You're probably looking at THIS for two-plus hours a day, and it has a bunch of negative side effects...

### **Recipe: Black Bean Home-Run Hummus Wrap**

It's baseball season. Skip the hot-dogs and try something a little healthier like this Black Bean Home-Run Hummus Wrap.

### **Take the July Health Challenge!**

Drink More Water: Stay hydrated to improve your health

### **Ask the Wellness Doctor:**

This month Dr. Don Hall answers the question: How can I make summer-grilling season healthier?



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THE Y AXIS



### Stare Hard...

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. Right?

More than 80 percent of adults use digital devices for two or more hours a day.<sup>4</sup>

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:

[evan@thehealthycopywriter.com](mailto:evan@thehealthycopywriter.com)

## Use Your Phone: The Insanely-Easy Way to Be More Active

Study: Tracking exercise boosts activity level by up to 40%

You step on the scale or look in the mirror and promise yourself you're going to be more active. Maybe you got out of the habit of going to the gym, taking a daily walk, or regular exercise. Or maybe you've never had the habit.

You want to be active. But you can't seem to flip the switch to get started. Sound familiar?

Only 24 percent of adults get the minimum amount of exercise each day. That's a 30-minute walk, jog, bike ride, swim, gym workout, or any other activity that raises your heart rate. Most adults only take 3,000 to 4,000 steps per day, but you need at least 10,000.

So how do you make it happen?

Track your activity. Use a fitness watch, tracker app on your smartphone, or some other digital tracker.

Tech tools make it easy to track things like:

- Steps per day
- Heart rate
- Calories burned
- Minutes of exercise
- Mile pace
- Distance traveled

"Studies show that people are 30 to 40 percent more active when they use activity trackers," says University of Wisconsin researcher Dr. John P. Porcari.<sup>1</sup>

### Ready to be more active, improve your health, and feel better?

Use a fitness tracker. Aim for 30 to 60 minutes of physical activity a day. Or set a goal to take 10,000 steps per day. Now is always the best time to get started.

### MORE

10 reasons to get moving today  
<https://tinyurl.com/y6uxe5mk>

## Rethink Red Meat Before You Fire Up the Grill This Summer

Study links eating red meat to higher risk of death, even in small amounts

It's that time of year when backyard barbecues, picnics, and grilling dominate the calendar. There's even a long list of contests to see who can grill the tastiest beef.

And there's no shortage of Americans ready to sink their teeth into steak, burgers, hot dogs, and ham. In fact, the average American eats about 222 pounds of meat a year, most of it red meat. And that's a problem.

A recent study found that even small amounts of red meat raises the risk for early death, heart disease, and some kinds of cancer.<sup>2</sup>

How small? Just two ounces a day may be too much. Researchers looked at the eating habits



of about 8,000 people over 11 years. Those who ate just two ounces a day, were more likely to die early.



### Black Bean Home-Run Hummus Wrap

It's baseball season. Skip the hot-dogs and try something a little healthier like this Black Bean Home-Run Hummus Wrap.<sup>5</sup>

#### Ingredients

- 6 8-inch whole-wheat tortillas
- 1-1/2 C hummus
- 1 C red bell pepper, cut into 1/4-inch strips
- 1-1/2 C carrots, grated
- 1-1/2 C baby spinach leaves

#### Directions

- Place tortillas on a clean surface.
- Place 1/4 C hummus in the center of each tortilla. Spread the hummus evenly across the center of each tortilla.
- Top hummus with 4-6 red pepper strips and 1/4 C grated carrots.
- Divide spinach leaves evenly. Place leaves over vegetables on each tortilla.
- Fold bottom edge of tortilla up and over vegetables, and roll up.
- Cut each wrap diagonally across the center width of the wrap, and serve.

Serves 6. 240 calories per serving.

## The Surprising Benefit of Hanging Out With Healthy People

Network of health-minded friends improve diet, exercise, lifestyle habits

“You’re the average of the five people you spend most of your time with.” Ever heard that before? It’s advice entrepreneur Jim Rohn encouraged people to think about. And it worked.

His books and speeches motivated people to try new ideas and build successful businesses like Rohn had done.

But it’s not just business advice. New research shows that the company you keep has an impact on your health and happiness, too.<sup>3</sup>

#### A fitness tracker + friends study

Researchers wanted to see how much sway a person’s friends have on diet, exercise, and lifestyle habits.

- They collected nine months of fitness tracker data for about 700 students.
- The study also counted the number of times the students called or sent texts to each other. Then researchers combined the two bits of data.

**Here’s what they found:** Friends have a strong influence on your diet, exercise and lifestyle choices.

You might use a fitness tracker to be more active. But you’re a lot more likely to adopt and keep healthy habits when your friends have similar goals, share updates, and hold each other accountable.



#### Want to improve your health?

Create a healthier social network online and offline. Here’s how:

- **Share fitness tracker info** with friends. Compare data like steps, sleep, and calories. Use mobile apps or social media to motivate and encourage each other.
- **Take a walk** with friends at work or in your neighborhood. Or workout together
- **Discuss food choices.** Share healthy meal ideas, recipes, and grocery shopping tips. Compare notes about cooking at home, healthy eating when you go out, calories, etc.
- **Create accountability.** Want to eat better, be more active, lose weight, manage stress, or get more sleep? Share your wellness goals with friends. Friends can hold each other accountable.

**MORE**

Can relationships boost longevity and well-being?  
<https://tinyurl.com/y6gocbnd>

## Rethink Red Meat Before You Fire Up the Grill This Summer (continued from page 1)

#### Here’s what two ounces of red meat looks like:

- 2 slices of bacon
- 2 slices of deli ham
- 1/2 of a small steak filet
- 1/2 of a hamburger
- 1 hot dog

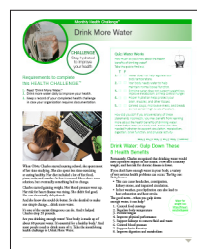
If you want to be healthier, live longer, and avoid heart disease and cancer, limit red meat. Better yet, give fish, poultry, or a veggie burger a try when you fire up the grill this summer.

**MORE**

5 tips for healthy grilling  
<https://tinyurl.com/5ypuixu3>

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## Take the July Health Challenge!

Drink More Water: Stay hydrated to improve your health

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
How can I make summer-grilling season healthier?



# WELLNESS CHALLENGE

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# Drink More Water

## CHALLENGE

Stay hydrated to improve your health

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Drink More Water.”
2. Drink more water daily to improve your health.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Olivia Charles started nursing school, she spent most of her time studying. She also spent less time exercising or eating healthy. Her diet included a lot of fast food, pizza, soda, and snacks. At first it seemed like a short-term solution, but eventually something had to change.

Charles started gaining weight. Her blood pressure went up. Her risk for heart disease was rising. She didn't feel good. She was chronically dehydrated.

And she knew she could do better. So she decided to make one simple change...drink more water.

It's one of the easiest things you can do. And it helped Charles drop 35 pounds.

Are you drinking enough water? Your body is made up of about 60 percent water. It's essential for a healthy body.<sup>1</sup> And most people need to drink more of it. Take the month-long health challenge to Drink More Water.

## Quiz: Water Works

How much do you know about the health benefits of drinking water? Take the quiz to find out.



T F

1.   Water does not help regulate your body temperature.
2.   Your body needs water to help maintain normal bowel function.
3.   Drinking water does not support weight loss, improve metabolism, or help control hunger.
4.   Proper hydration helps protect your brain, muscles, and other tissues.
5.   Canned soups, microwave meals, and breads do not contain high levels of sodium.

How did you do? If you answered any of these statements incorrectly, you may benefit from learning more about the health benefits of drinking water. Water helps keep your body cool. It also provides needed hydration to support circulation, metabolism, digestion, brain function, and physical activity

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

## Drink Water: Gulp Down These 8 Health Benefits

Fortunately, Charles recognized that drinking water would have a positive impact on her health. Now she's a healthy weight, and her risk for chronic disease is lower.

If you don't have enough water in your body, a variety of very serious health problems can occur. The big one: Dehydration...

- This can cause headaches, constipation, kidney stones, and impaired circulation.
- In hot weather, poor hydration can also lead to heat exhaustion and heat stroke.

The good news...when you gulp down enough water, it can help:<sup>2</sup>

1. Control food cravings
2. Regulate body temperature
3. Prevent fatigue
4. Improve physical performance
5. Support kidneys to remove fluid and waste
6. Control blood pressure
7. Support brain function
8. Improve digestion and metabolism

Water for weight loss  
<https://tinyurl.com/mr3ypane>



**Drink THIS,  
Not That...**

How much water are you drinking? If you're not sure, what are you drinking? Soda, energy drinks, sugar sweetened beverages... maybe nothing.

In a recent survey, researchers found that:<sup>3</sup>

- 7% of adults don't drink any water
- 36 % of adults drink 1 to 3 cups of water a day
- 35 % of adults drink 4 to 7 cups a day
- 22% of adults drink 8 cups or more per day

### Is Your Glass Half Empty?

At least 43 percent of adults aren't drinking enough water. According to Harvard University, most adults should drink:<sup>4</sup>

- 72 to 104 ounces of water per day.
- That's 9 to 13 8-ounce glasses of water.

### Quench Your Thirst with THIS Healthy Habit

If you want to develop a healthy habit to drink more water, start small.

- Drink one more glass of water a day than you normally do.

### The Water vs. Soda Study

In a recent study, researchers wanted to find out what would happen with one simple swap. Replace one soda a day with a glass of water.<sup>5</sup>

Want to know what happened? Just one extra glass of water a day helped reduce calories, control hunger, support weight management, and improve overall health.

How to make healthier drink choices  
<https://tinyurl.com/3e6a8p2n>

## 7 Simple Ways to Drink More Water

Want to drink more water to improve your health?

Here are SEVEN simple ways to develop this healthy habit:

- 1. Wake up with water.** Drink a glass of water in the morning when you first wake up. Have a glass of water when you get home. And drink a glass of water before going to bed.
- 2. Hydrate + hustle.** Drink before any physical activity such as walking, hiking, or biking. Drink at least every 30 minutes during moderate activity.
- 3. Use a water bottle.** Keep a bottle of water beside your desk at work, in the car, on the kitchen counter, or by your bed. Drink often throughout the day.
- 4. Drink water before meals.** Water can help suppress your appetite if you're trying to lose weight. Drink a glass of water before eating.
- 5. Freeze first.** Fill a water bottle and freeze it. Take it with you for an ice cold drink later in the day.
- 6. Add one glass of water a day.** Drink water in place of caffeinated beverages, alcohol, and sugar-sweetened drinks.
- 7. Flavor it.** If water doesn't taste good to you, filter it. Keep a pitcher in the fridge. Buy bottled water. Or add lemon or lime slices to water to improve the flavor.



With a little effort, you can make drinking more water a healthy habit. It's easy to do, and it's inexpensive. Fill up a glass or your water bottle to enjoy a drink to good health.

Health benefits of drinking water  
<https://tinyurl.com/4vzrehbi>

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# Drink More Water

## CHALLENGE

Stay hydrated 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 drink more water daily.
3. Use the calendar to record your actions and choices to drink more water daily.
4. Review your progress at the end of each day, each 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	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		
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\_\_\_\_\_ Number of days this month I drank 64+ ounces of water

\_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

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Name \_\_\_\_\_ Date \_\_\_\_\_



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# Q.

**How can I make summer-grilling season healthier?**

# A.

You might be thinking about firing up the grill to cook a meal about now.

But don't get the briquettes or propane burner flaming hot just yet.

Munching your way through char-grilled meat or fish isn't the best way to go. Why? Grilling beef, pork, fish, and poultry at high temperatures can cause an unhealthy reaction in the meat. It's a recipe for heterocyclic amines (HCAs) linked to cancer.<sup>1</sup>

**Here's what happens:** When fat drops down during grilling and burns, it goes back into the food. This is how food gets charred during grilling. It's also how HCAs are formed.<sup>2</sup> But that doesn't mean you have to forget about summer-season grilling.

**Here are four ways to make grilling healthier:**

### 1. Use a grill in the oven

If you want to grill something, use a grill in the oven where you can grill from above. Grilling from above helps prevent charring and HCAs. Try grilling your meat in the



oven, and use the barbecue grill to cook vegetables.

### 2. Choose plant-based burgers

Use a barbecue grill. But instead of meat, try grilling plant-based burgers such as black-bean burgers or garden burgers. These are less likely to form harmful HCAs from grilling than meats.

### 3. Grill fruits and vegetables

Here's another barbecue-friendly option. Make kebabs with your favorites like zucchini, tomatoes, potato wedges, egg plant, mushrooms, and pineapple chunks.

Or grill corn-on-the-cob wrapped in foil. Fruits and vegetables don't form HCAs. Just cook at a moderate temperature and avoid burning or blackening food.

### 4. Season foods with herbs and spices

instead of sauces high in calories. Or marinate foods before grilling. Research shows this can help prevent HCAs from forming.<sup>2</sup>

## ASK THE **Wellness** DOCTOR

Discover the benefits of grilling at home. If you've been thinking about eating at home more often, give healthy grilling a try.

Research shows that cooking at home can help you eat healthier foods, control calories, lose weight, or maintain a healthy weight.<sup>3</sup>

You hungry? Fire up the grill. Turn down the heat and enjoy a home-cooked meal.

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