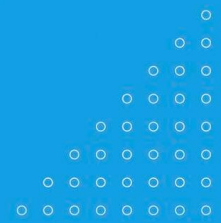




WELLNESS NEWSLETTER

July 2024



HIGHLIGHTS for the [July 2024 Newsletter](#)

Ace Your Health: 7 Sweet Reasons Serve Up More Strawberries

The Wimbledon Championship in London, England, is back this month. But they'll be serving up more than tennis balls. It's a Wimbledon tradition to serve strawberries and cream. Check out these 7 sweet reasons to eat more strawberries...

Gold-Medal Health: Exercise Lowers Risk for 13 Types of Cancer

Think you're too busy to exercise? It's the number one excuse people make for lack of exercise. But even 20 to 30 minutes a day could have a dramatic effect on your health. Here's what you need to know...

The Giggle Prescription: Laughing is Good for Your Health

Looking for an easy way to improve your mood and your health? Forget about popular diets, gimmicky supplements, or 30-day challenges. Instead, take a prescription-grade dose of laughter. Check out the health benefits of laughter...

Y-Axis: Play Video Games to Curb Sugar Cravings

Got a sweet tooth? You can curb cravings by playing video games. Sound crazy? Maybe not. In a recent study, researchers created a video game called Diet Dash, that may just do exactly that. Here's how...

Recipe: Broccoli Strawberry Orzo Salad

Hungry for a healthy salad with a zing of sweet-tasting strawberries to celebrate the summer season? Give this fresh fruit and veggie recipe a try.

Take the July Health Challenge!

Walk It Off: Walk daily to improve your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I make breakfast healthier?



THE Y AXIS



Play Video Games to Curb Sugar Cravings

Got a sweet tooth?



Curb cravings by playing video games.

Sound crazy? Maybe not. In a recent study, researchers created a video game called Diet Dash.⁵

The goal: Fill a grocery cart with healthy foods, and skip junk foods, while a timer ticks down.

About 100 overweight adults with a sweet tooth signed up to play. First, they took a class to learn more about healthy eating. Then they played the game every day for about eight weeks.

The result: Shopping for healthy foods in virtual reality actually retrained their brains to eat better.

Want to improve your diet? Start by training your brain.

COMMENTS?

Send comments to the editor:

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Ace Your Health: 7 Sweet Reasons Serve Up More Strawberries

Enjoy the sweet health benefits of strawberries

Raise your fork...or your tennis racket to strawberries. The Wimbledon Championship in London, England, is back this month.

For two weeks, fans will see the world's best tennis players battle it out at the most-watched tennis match in the world. But tennis isn't the only thing in-person spectators look forward to.

Strawberries & cream: It's a Wimbledon tradition

During the two-week tennis tournament, hungry fans eat close to 62,000 pounds of strawberries and 1,800 gallons of cream by the time the winners are announced.

Fresh-picked the day before they're served, strawberries and cream have been part of Wimbledon lore since the event began in 1877.

7 sweet health benefits of strawberries

Game, set, match! These bright red berries promise more than just good taste. Strawberries are packed with vitamin C, antioxidants, fiber, and other nutrients that:¹

Strengthen the immune system.

1. Help prevent certain types of cancer
2. Slow memory loss as you age

3. Lower blood pressure
4. Reduce the risk for heart disease, diabetes, and stroke
5. Support weight loss and weight management
6. Improve cholesterol levels, and more

If you can't make it to Wimbledon for tennis and a bowl of berries, enjoy them at home. Here's how:

- Add strawberries to cereal or yogurt
- Make a fruit smoothie
- Slice strawberries and add to fruit salad
- Try strawberries with low-calorie whip cream
- Buy strawberries fresh or frozen, or try growing them on your own

And if you want to sweeten things up a little more, the Centers for Disease Control and Prevention recommends eating 1-1/2 to 2 cups of fruit per day...including strawberries.

Want to be healthier? Serve up some strawberries this summer.

MORE

Try these tasty strawberry recipes <https://tinyurl.com/k5vkt7b>

Gold-Medal Health: Exercise Lowers Risk for 13 Types of Cancer

Aim for 30 minutes of moderate exercise daily

Jillion Potter knows a lot about fighting, getting up after being knocked down, and beating the odds.

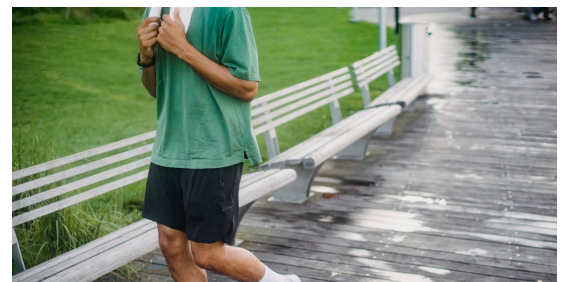
She broke her neck playing rugby. She helped the first U.S Olympic Women's Rugby Team compete in the XXXI Olympics. And she beat cancer.

Two years before she competed in the Olympics, she went through 18 weeks of chemotherapy. Radiation treatment was another two months. Yet, she kept on playing rugby with the pros.

There's no doubt early detection and treatment made a difference. But it may not be the only factor that helped Potter stay in the game.

Exercise: Another way to lower cancer risk

A new study suggests that regular exercise can cut your risk for 13 different types of cancer.² (It's the second leading cause of death in the United States.)



- In the study, researchers looked at the exercise habits of 1.4 million people.
- They compared physical activity with cases of cancer.
- The more people exercised, the more they lowered their risk for 13 types of cancer.

You may not be exercising like an Olympic-level rugby player. But you can carve out time to exercise.



Broccoli Strawberry Orzo Salad

Hungry for a healthy salad with a zing of sweet-tasting strawberries to celebrate the summer season? Give this fresh fruit and veggie recipe a try.⁴

Salad Ingredients

- 3/4 C orzo pasta, uncooked
- 2 C fresh broccoli, chopped
- 2 C fresh strawberries, diced
- 1/4 C sunflower seeds

Lemon Poppy Seed Dressing Ingredients

- 1 T lemon juice
- 2 T apple cider vinegar
- 2 T olive oil
- 1 tsp sugar (or honey)
- 1 tsp poppy seeds (optional)

Directions

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds.
3. Drizzle with lemon poppy seed vinaigrette and toss to combine.
4. Season with salt and pepper.

TIP: Chill in refrigerator until ready to serve.

The Giggle Prescription: Laughing is Good for Your Health

Laugh more to improve your health

Laugh-out-loud movies. A good joke. A few minutes of funny YouTube shorts. Or those special moments with family and friends when you laugh until you cry. They all have something in common, laughing is good for your health.

In the 1960s, doctors told journalist and educator Norman Cousins that he didn't have long to live. So he developed his own form of therapy...laughing.

Here's what happened:

- Watching just 10 minutes of slapstick comedy and laughing helped him be pain-free for at least two hours at a time.
- He made laughter and humor a regular part of his life.
- And he lived 36 years longer than doctors predicted.

Recent studies show that laughing does provide real health benefits.³

- **Pick a comedy.** Watching a funny movie can expand your blood vessel lining and improve circulation. Watching a stressful, dramatic or scary movie has the opposite effect.



- **The funny-cat-video effect.** Watching a funny video can help lower stress levels. Laughter may also help improve memory and recall.
- **Take two.** Research shows laughing may also help boost growth hormones and endorphins. This can strengthen your immune system and improve your mood.
- **Mind-altering benefits.** Watching a funny movie also helps people cope with depression, anger, and fatigue.

When you laugh, you exercise your heart, muscles, and lungs. Plus, you burn extra calories, and reduce stress. Now go enjoy a good laugh!

MORE

103 health benefits of laughter
<https://tinyurl.com/t5v3bkr8>

Gold-Medal Health: Exercise Lowers Risk for 13 Types of Cancer (continued from page 1)

Researchers in the study said just 20 minutes a day is enough to help reduce cancer risk.

Want to cut your risk for cancer?

Go for a walk. Jog. Ride a bike. Swim. Play tennis. And if you're tough enough, go ahead and give rugby a try.

You'll burn calories and fat. You'll strengthen your heart, lungs, and muscles. And you'll reduce your risk for cancer.

MORE

7 tips to lower cancer risk
<https://tinyurl.com/ys7wesn2>

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Take the July Health Challenge!

Walk It Off: Walk daily to improve your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I make breakfast healthier?



Walk It Off

CHALLENGE

Walk daily to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read “Walk It Off.”
2. Create a plan to make walking a regular part of your day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Illinois-resident Lynn Kata stepped on the scale 40 pounds overweight, she knew some things had to change.¹ Soda, sugary drinks, and fast food were a regular thing. And exercise? Not so much.

But she was determined to get healthy. She started making better food choices. Then she decided to give exercise a try.

“I started walking every morning,” says Lynn. “Each day I went a little farther and faster until I was walking about three miles each time.”

At first, it just felt like a lot of work. But little by little, she started to see results.

Looking for an easy way to improve your health? It starts by taking the first step. Take the month-long health challenge to Walk It Off.

Walking for good health
<https://tinyurl.com/ycdsz48e>

Walk This Way & Take the Quiz

How much do you know about the health benefits of walking?



- | | T | F | |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Walking can help strengthen bones and improve balance. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Walking 60 minutes a day for a year would burn about 146,000 calories or about 40 pounds. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | It would take about 30 minutes of brisk walking to burn off the calories in a donut. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Walking can help reduce the risk for heart disease, diabetes, poor bone health, and depression. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Less than half of all adults in the U.S. get at least 20 minutes of aerobic exercise a day. |

How did you do? The average adult only walks about 3,000 to 5,000 steps a day, which is typical if you're not very active. As for the donut, you might want to think twice before you eat another one. Walking is a low-impact and low-cost way to improve your health, prevent disease, and live longer.² And you can start...right...now.

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

The Wonder of a Daily Walk: Here's What Can Happen...

Do you think you can make walking a regular part of your day?

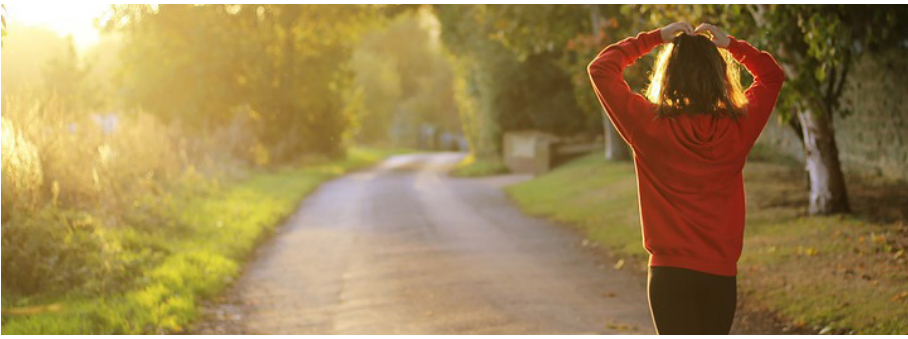
At first, Lynn wasn't sure. She struggled to walk daily, eat healthier, and adopt this new routine. And then something started to happen.

“I was thrilled to see that the weight began to slowly go down day by day,” says Lynn. “It felt good to be outside. My mental health was benefitting, too. And I really started to see my body change.”

After about a year of consistent effort, Lynn lost those 40 pounds. And now she's on a mission to help other people.

“I hope my fitness journey will inspire other people to take back their health,” says Lynn.

Want to lose weight, reduce stress, and lower your risk for chronic disease?³ Walk the path to better health.



Walk Every Day: 9 Tips to Make It Happen

Wondering how to make walking a regular part of your day? It's not as hard as you might think. Aim for at least 20-30 minutes of walking each day (break it up if you're short on time).

Here are some easy ways to walk more and add more steps to your day to improve your health:

1. Track your steps

Use your watch, fitness tracking device or app on your phone to track the number of steps you take per day. Keep a record of how many steps you take. Monitor your activity throughout the day. Fit in an extra walk if you need to so you can meet your goal. Aim for at least 10,000 steps a day.

2. Take the stairs

Skip the elevator or escalator, and take the stairs. If you're working at home with stairs, walk to deliver a message instead of yelling.

3. Park far away

Got a shopping trip planned? Forget about trying to find the closest spot to the front door. Park far away, and walk. You'll add more steps to your day, and save time and stress trying to find a parking spot.

4. Schedule walk breaks

Let's face it. We're all busy. And if you don't make time for walking, it's easy to forget. So schedule it. Put it on your schedule. Your health depends on keeping this appointment.

- Take a morning and afternoon walk break.

100 ways to add 2,000 steps a day <https://tinyurl.com/y9zdg4k3>

- Fit a walk break in during your lunch hour. Or take a walk after dinner.
- Pick up the pace a few minutes at a time for added health benefits.⁵

5. Use a treadmill

If the weather stinks or you have other reasons for not walking outside, get on a treadmill.

You might have one at home, the gym, the office, or even at a hotel when you're on the road.

6. Walk & talk...without your phone

At home you might yell from room to room. At the office, probably not. But you might send a co-worker an email or text. Either way, you'll get more steps by taking a short walk to deliver the message in person.

7. Move more, sit less

Add more steps to your day by pacing around. Think about how often you're sitting, when you could be moving: brushing your teeth, waiting for an appointment, on the phone, etc.

8. Walk with someone

It's all too easy to hit the snooze button for an early-morning walk, or skip out because you're "too busy." But if you go with a friend or group, you're a lot more likely to get your steps in.

Starting a walking program <https://tinyurl.com/y9c8lewt>

9. Host a walking challenge

Are you game for a little competition? Challenge your friends, co-workers, or family members to walk more, too. Keep track, and encourage each other to hit their daily steps goal. You could even share your progress on social media.

15 Health Benefits of Walking

If you've been thinking about taking action to improve your health, walking is one of the easiest ways to start. Why? It doesn't require any special skills, a gym membership, or expensive equipment. Just lace up your shoes and go.

Research shows that walking can help:⁴

1. Lower blood pressure
2. Build muscle strength
3. Improve balance
4. Boost energy levels
5. Develop aerobic or cardiovascular fitness
6. Lose weight or maintain a healthy weight
7. Improve sleep patterns
8. Control blood sugar levels
9. Improve cholesterol levels
10. Reduce risk for heart disease and stroke
11. Strengthen bones
12. Lower the risk for certain types of cancer
13. Decrease stress
14. Reduce anxiety and depression
15. Help you live longer



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Walk It Off

CHALLENGE

Walk daily 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. Record the number of days you walk at least 20-30 minutes a day.
3. Use the calendar to record the actions and choices you make walking a regular part of your life.
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
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 walked 20+ minutes

_____ Number of days this month I did other types of physical activity besides walking

Other wellness projects completed this month:

Name _____ Date _____

Q. How can I make breakfast healthier?

A. When you wake up in the morning, it's likely been 8 to 12 hours since your last meal. And you're probably hungry. Yes?

Your next move could literally shape your day and your body. If you eat anything close to the Standard American Diet (SAD) breakfast, your morning munchfest might look like this:¹

- Head straight to the kitchen and make a cup of coffee
- Devour a sugary bowl of cereal or oatmeal and scarf down some pastries
- Eat last night's dinner leftovers like a slice of pizza and cake
- Grab a drive-through latte and a couple donuts on your way to work

If any of these breakfast routines sound familiar, you're not alone. And you already know these types of foods aren't the best way to start your day. Right?

Maybe you should just skip breakfast. Even though it might help you eat fewer calories if you don't eat until lunchtime, skipping breakfast might not be the best option, according to the American Heart Association.²



People who skip breakfast are more likely to:

- Be overweight or obese
- Have diabetes, heart disease, and high cholesterol
- Use tobacco
- Avoid exercise
- Make poor food choices throughout the day
- Eat more foods high in sugar, calories, and fat

Get the picture? Breakfast can be a smart way to start your day, if you eat the right foods.

If you want to make breakfast healthier, here are some things you can do:

- Keep it simple with whole-grain toast or cereal, fresh fruit, or Greek yogurt.
- Plan ahead. Make muffins with healthy ingredients (berries, bananas, nuts). Or slow-cook oatmeal overnight.
- Make a smoothie with frozen fruit, bananas, leafy greens, ice, and a blender.

ASK THE Wellness DOCTOR

- If you're in a hurry, take it with you.
- Or if you stop to order breakfast, pick healthier options like an egg scramble, whole-grain oatmeal or toast, or a fruit bowl (instead of pancakes drenched in syrup, pastries, and sugary drinks).

Starting your day with a healthy breakfast can set the tone for better choices and improved overall health. When you fuel your body with healthy foods, you'll feel better, be healthier and have more energy. And that's a great way to start your day.

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