



# WELLNESS NEWSLETTER

## JULY 2020

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## HIGHLIGHTS for the July 2020 Newsletter

### **The ‘Terribly Comfortable’ Solution to Slow COVID-19**

Want to slow the spread of COVID-19? There’s a lesson from the 30-year-old movie *The Princess Bride* that just might have the answer. It’s “terribly comfortable” and terribly simple. Here’s what you need to do.

### **When’s Dinner? The Truth About Eating Late-Night Meals**

What time is it? If you’re just getting around to grabbing a bite to eat and it’s late, you might need to rethink your dinner plans. Why? New research uncovers the truth about late-night eating. Here’s some food for thought.

### **Yoga-Pose Practice Helps Control Blood Pressure**

How’s your blood pressure? About 1 in 3 adults has elevated or high blood pressure. Left unchecked it can lead to a heart attack, stroke, and other health problems. But there’s a lot of things you can do to change that. Here’s one easy way to control blood pressure.

### **Y-Axis: The Fantastic Thing About Feces**

Go ahead, say it. You know you’re thinking about it...poop. What does feces have to do with better health? You might be surprised...

### **Recipe: Black Bean Breakfast Bowl**

Want to improve your diet, curb hunger, and control your weight? Eat beans for breakfast. It only takes a few minutes to make this Black Bean Breakfast Bowl.

### **Ask the Wellness Doctor**

Dr. Don Hall answers this month’s Ask the Wellness Doctor question: Why should I eat more fruits and veggies?

### **Health Challenge**

Take the month-long Health Challenge: Be Strong: Strengthen your bones and muscles.



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**M E M B E R S H I P**

# NEWSLETTER

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THE Y AXIS



## The Fantastic Thing About Feces

It's no secret that obesity and diabetes are on the rise.



Forty-two percent of all adults are obese. About 30 million have type 2 diabetes.

Diet and lifestyle changes can help. But is there something else that can combat these chronic diseases?

Yes. And it's probably not what you think...Feces.

A recent study found that healthy fecal transplants may one day be used to help prevent weight gain.<sup>4</sup> The process may also help prevent or control diabetes.

Fecal transplants are currently used to help treat chronic diarrhea and inflammatory bowel disease. That's the fantastic thing about feces.

### COMMENTS?

Send comments to the editor: [well@wellsources.com](mailto:well@wellsources.com)

## The "Terribly Comfortable" Solution to Slow COVID-19

Research shows wearing a mask reduces infection rate

Ever seen the movie *The Princess Bride*? There's some coronavirus wisdom in this 30-year-old flick.

In one memorable scene, Westley aka the Dread Pirate Roberts (played by Cary Elwes) fights Fezzik the bodyguard (played by Andre the Giant).

- **Fezzik:** Why do you wear a mask? Were you burned by acid, or something like that?
- **Westley:** Oh no. It's just they're terribly comfortable. I think everyone will be wearing them in the future.

### Mask On, Mask Off?

By now, you've heard the debates. To wear a mask, or not to wear a mask.

In some places, public health officials require it. In other places it's optional. Can wearing a mask really provide protection from the coronavirus?

In a recent study, researchers look at how easily COVID-19 spreads.<sup>1</sup> Yes, you could get the coronavirus from contaminated surfaces. (Wash your hands. Sanitize surfaces.)

But the most common way the virus spreads is person to person from:

- Coughing
- Sneezing
- Talking

Even breathing, can push tiny droplets of the virus into the air.

If you're within range, you could infect other people or contract the virus. But wearing a mask can help. Based on computer models, researchers estimate masks helped prevent 66,000 cases of the virus in New York City in just one month.

"Wearing a face mask in public corresponds to the most effective means to prevent... transmission," says lead researcher Renyi Zhang. "This inexpensive practice,...with social distancing and other procedures, is the most likely opportunity to stop the COVID-19 pandemic."

**Want to protect yourself from the coronavirus?** Wear a mask in public. @

### MORE

Use face-masks to slow COVID-19  
<https://tinyurl.com/uxphv12>

## When's Dinner? The Truth About Eating Late-Night Meals

Late-night meals linked to weight gain, high blood sugar

What's your stay-at-home schedule looked like during COVID-19?

If your meal schedule is one of the things that went AWOL, you're not alone. Maybe you've even shifted to watching more TV and eating late at night. Sound familiar?

### The Dinner-Bell Dilemma

If you ring your dinner bell extra late every night, there's a problem.

In a recent study, researchers found that eating late at night



(after 10 p.m.), slows metabolism and spikes blood sugar levels.<sup>2</sup>

By how much? Blood sugar levels were 18 percent higher. Fat

loss was 10 percent less. This was the difference between eating the exact same meal at 6 p.m. versus 10 p.m.

In the study, researchers looked at physical activity, blood samples, sleep data, and body fat. People in the study ate the same foods for dinner (early or late), and went to bed by 11 p.m. Researchers believe late-night dinners may raise the risk for chronic disease.

"This shows that some people might be more



## Black Bean Breakfast Bowl

Want to improve your diet, curb your hunger, and control your weight? Eat beans for breakfast. It only takes a few minutes to make this Black Bean Breakfast Bowl.<sup>5</sup>

### Ingredients

- 2 T olive oil
- 4 eggs (egg whites or substitute)
- 1 can water-packed black beans, drained
- 1 avocado, cubed
- 1/4 C salsa

### Directions

- Heat oil in small pan over medium heat. Cook and stir eggs until set. About 3 to 5 minutes.
- Place beans in bowl. Microwave on high for about 1 minute until warm.
- Divide warmed beans into two bowls (recipe makes two servings).
- Top with scrambled eggs, avocado, and salsa.
- Season with salt and pepper.

# Yoga-Pose Practice Helps Control Blood Pressure

Study suggests daily yoga, meditation practice helps control blood pressure

Inside the quiet and tranquil Mystic Springs Oasis, there's a 5,000-pound yoga instructor named Nangi. She has tattoos. She wears bracelet jewelry. And she teaches yoga. She's an elephant in the Disney movie *Zootopia*.

Despite her size, Nangi moves with ease from one post to the next: Bird Dog, Seated Angle Pose, Accomplished Pose, and Forward Bend. Nangi, a fictional character, likely has her blood pressure under control. But a lot of people don't.

About 1 in 3 adults has elevated or high blood pressure. It's a problem that can raise the risk for a heart attack or stroke, poor circulation, and other health problems.

## What can you do to control blood pressure?

- **Eat a low-sodium diet** and healthy foods.
- **Lose weight** or maintain a healthy weight.
- **Exercise** 30 to 60 minutes a day.
- **Talk to your doctor** and take medication if necessary.
- **Manage stress in healthy ways**, like a hot bath, massage therapy, a favorite hobby, or exercise...like yoga.

In a recent study, researchers tracked blood pressure in a group of people for three months.<sup>3</sup> One group did yoga, meditation, and breathing exercises for about an hour a day. Their blood pressure went down. Another group in the study that didn't exercise, didn't see a change in blood pressure.



## Want to keep your blood pressure in check?

Take a yoga class (sorry, Nangi isn't taking any more clients). Watch a yoga video and follow along. Learn a few basic poses (called asanas), and develop your own yoga routine to reduce stress and keep your heart healthy. @

### MORE

Yoga: Benefits beyond the mat <https://tinyurl.com/y5v86ava>

## When's Dinner? The Truth About Eating Late-Night Meals (continued from page 1)

vulnerable to late eating than others," says lead researcher Dr. Jonathan C. Jun. "...Late eating could lead to consequences such as diabetes or obesity."

### MORE

You are when you eat <https://tinyurl.com/ya89elt5>

**Hungry for better health?** Stock up on groceries to make dinner. Create a healthy meal plan, and stick to it. Or if you plan to go out, eat dinner before it's too late. @

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## Take the July Health Challenge!

Be Strong: Strengthen your bones and muscles

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

Why should I eat more fruits and veggies?

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# WELLNESS CHALLENGE

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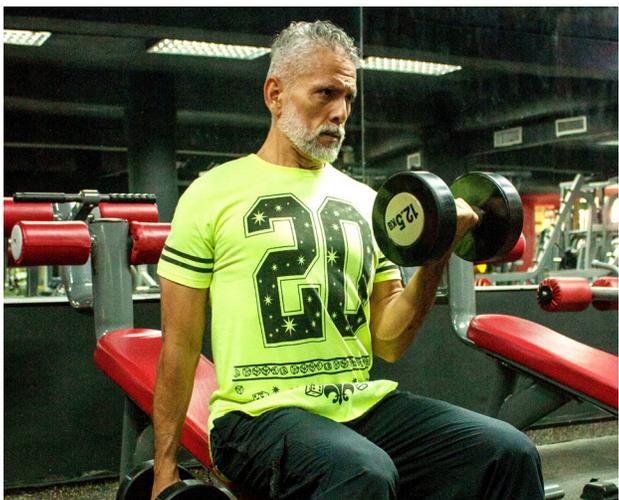
# Be Strong

## CHALLENGE

Strengthen your bones and muscles

### Requirements to complete this HEALTH CHALLENGE™

1. Read “Be Strong.”
2. Create an exercise plan to strengthen your bones and muscles.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Georgia resident Sam “Sonny” Bryant Jr. was 44 years old, life got a little crazy with work, family life, and personal matters.

It was a stressful time for Bryant, who was a graveyard-shift forklift driver. And it was taking a toll on his health and happiness.

He needed to find a way to get fit, reduce stress, and improve his health.

You know what he did? He decided to give strength training a try.

How much do you know about strength training? Take the quiz to find out.

T F

1.   Athletes and bodybuilders are really the only people who need to do strength training.
2.   Strength training helps prevent loss of muscle mass as you age.
3.   Bodyweight exercises and weight lifting build muscle, but don’t strengthen your bones.
4.   Strength training can help improve metabolism, weight loss, and lean body mass.
5.   You need to do strength training exercises every day to get results.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about strength training. Strength training is good for you at any age. All adults should perform exercises to strengthen bones and muscles at least two days a week.<sup>1</sup> Strength training improves lean muscle mass and bone health, lowers the risk for disease, and more.

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

At first, it was hard. It had been a long time since he stepped in a gym or worked out to strengthen his bones and muscles.

There were days when he didn’t feel like going. But he stuck with it. Little by little, he got stronger. And in the process, his bones got stronger, too.

But strength training also transformed his mood and cut his risk for chronic disease. And it proved to be a life-changing decision. Today, Bryant is 76 years old and still hits the gym for strength training workouts a few times a week.

“People have the misconception that age makes you old,” says Bryant. “I realized that it’s a state of mind that makes you old...I just want people to recognize me for what I am, what I’m doing, and realize that it can be done.”

Want to strengthen your bones and muscles? Take the month-long health challenge to Be Strong.

6 ways to get more from your workout  
<https://tinyurl.com/y82hfezm>

# What is Strength Training?



Strength training is any form of physical activity that requires your muscles to work against resistance.

Some examples include:

- Body weight exercises (e.g. squats, push-ups, pull-ups, curl-ups, planks)
- Weight lifting or resistance band exercises
- Carrying groceries, a backpack, or briefcase
- Chores that require lifting, pushing, or pulling
- Even going from sitting to standing is a form of strength training

## Health Benefits of Strength Training

Aerobic activities like walking, jogging and cycling strengthen your heart and lungs. So what does strengthening do? Strength training can help:<sup>2</sup>

### Build strength and muscle

After age 30, adults lose about 3 to 5 percent of strength and muscle mass per year. That might not seem like a lot, but it adds up over time. The good news: Strength training and a healthy diet can help slow the loss of muscle mass and strength as you age.

## Improve bone health

About 54 million adults in the U.S. have weak bones. It's a major risk factor for falls and fractures. But you can do something about it. Strength training makes your bones stronger by increasing bone density.<sup>3</sup>

## Avoid injuries

If you neglect to keep your bones strong and healthy, your risk for injuries goes up...a lot. Weak bones and muscles make you 2.3 times more likely to break a bone when you fall. Just two days of strength training a week can improve balance and flexibility to help prevent injuries.

## Support brain function

Feel stressed, anxious, depressed? These and other brain-related problems can make it hard for you to work, make good choices, and get things done. Medicine and counseling can help. But research shows resistance training can also improve brain function and mental health.<sup>4</sup>



5 benefits of strength training  
<https://tinyurl.com/ycc2debx>

Research shows strength training can also help control blood sugar, lower the risk for certain types of cancer, reduce the risk for a heart attack or stroke, and more.

## 4 Steps to Build Strong Bones and Muscles



Want to build strong bones and muscles, improve your mood, and live longer? Follow these three steps.

### 1. Choose exercises that work all the major muscle groups (chest, back, shoulders, arms, legs, core).

At home: Push-ups, planks, squats, lunges, curl-ups.

At the gym: Use the machines or free weights for exercises such as bench press, squat, deadlift, shoulder press, arm curls.

**2. Perform 2-3 sets** of 8 to 12 reps per exercise. Rest up to 1 minute between sets. For weights: Choose a weight you can handle for 8 to 12 reps. A good strength-training workout can be completed in 20-45 minutes.

**3. Use good form** for each exercise you do. This helps train your brain and muscles, and it helps prevent injuries. If you're not sure how to perform an exercise, ask a trainer or watch a workout video.

**4. Make time for strength training at least two days a week.** You should also make time for 150 minutes of aerobic activity per week.

Try this strength training workout for beginners  
<https://tinyurl.com/y778sp6f>

Strength training isn't just for bodybuilders and athletes. It's something everyone should do. Just ask Sonny Bryant. At 76 years old, he's still going strong.

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# Be Strong

## CHALLENGE

Strengthen your bones and muscles

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you perform strength training exercises.
3. Use the calendar to record the actions and choices you make to strengthen your bones and muscles.
4. At the end of the month, total the number of days you take steps to Be Strong. 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. _____							

\_\_\_\_\_ Number of days this month I did strength training exercises

\_\_\_\_\_ Number of days this month I was physically active for at least 30 minutes

### Other wellness projects completed this month:

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



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**M E M B E R S H I P**

**ASK THE DOCTOR**

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## Q. Why should I eat more fruits and veggies?

**A.** They're low in calories. They're packed with vitamins and nutrients. They're good for your health, and help prevent disease. And chances are pretty good you're not eating enough of them.

In fact, only 1 in 10 adults eat enough fruits and vegetables. Just 9 percent of adults eat enough vegetables. And only 12 percent eat enough fruit.<sup>1</sup>

### Are you eating enough fruits and vegetables?

Here's what the U.S. Department of Agriculture recommends. Most adults should eat:

**Fruits** = 1-1/2 to 2 cups per day

**Vegetables** = 2 to 3 cups per day

How are you doing? If you're already eating plenty of fruits and vegetables, keep it up. If you're not, *now* is always the best time to start. Why? Eating more fruits and vegetables can help you:

### Manage your weight

Fruits and vegetables are low in calories and high in fiber. Eating more of them can help you lose weight, maintain a healthy weight, and control hunger. And that's important when about 72 percent of all adults are overweight or obese.<sup>2</sup>

### Control blood sugar levels

If you don't have diabetes, you know someone who does. About 30 million people have type 2 diabetes.<sup>3</sup> Another 84 million people have prediabetes. Left unchecked, diabetes can lead to nerve damage,



vision loss, poor circulation, kidney disease, or worse. Eating more fruits and vegetables can help control blood sugar levels and prevent or manage diabetes.

### Improve heart health

Heart disease. It's the leading cause of death in the United States. And poor eating habits over time are a primary cause. It's one reason health experts recommend eating less red meat and processed foods, and more fruits and vegetables.

### Reduce blood pressure

Your blood pressure should be less than 120/80. But what if it's not? You have elevated or high blood pressure. You may not even know you have high blood pressure, yet about 103 million adults do.<sup>4</sup> Fortunately, a diet rich in fruits and vegetables can help lower blood pressure.

### Improve digestion

Ever feel like that steak or burger is just sitting your stomach? You might have digestive problems. Eating more fiber-rich fruits and vegetables can help improve digestion and reduce inflammation, according to a recent study.<sup>5</sup>

### Prevent certain types of cancer

After heart disease, cancer is the leading cause of death in the United States. And it comes in many forms.

## ASK THE *Wellness* DOCTOR

Think you can stomach a little more broccoli, leafy greens, and berries? It's not as hard as you might think to add more fruits and vegetables to your diet. And it may help prevent certain types of cancer.<sup>6</sup>

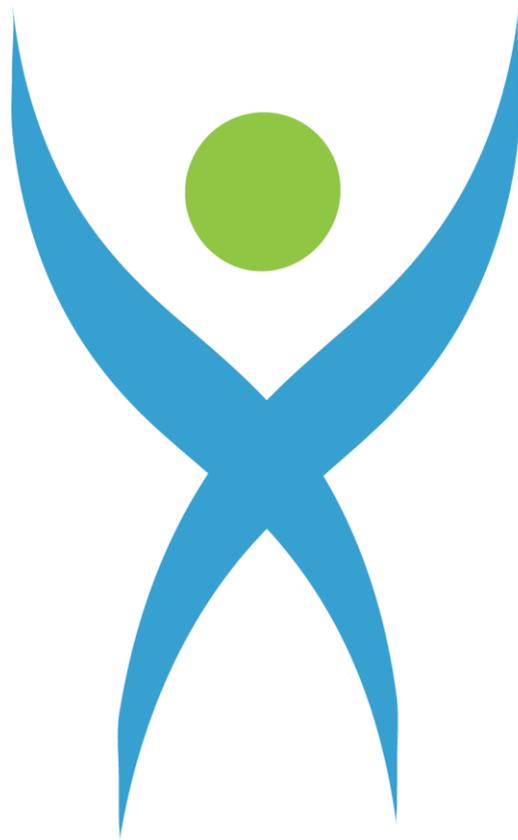
### Hungry to improve your health?

Eat more fruits and vegetables. Try sweet potatoes, black beans, broccoli, and spinach. Eat bananas, apples, blueberries, and oranges. Enjoy a variety of fruits and vegetables. You'll feel better. You'll be healthier. And you'll live longer.

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