



THE Y AXIS



How Cool Is That?

The new beverage of choice

“No thanks, I’ll have water.”

That’s what more people are saying when the drink menu comes around, according to a recent study.¹



For almost two decades, 62 percent of adults chugged at least one soda a day. Or about 50 gallons a year. Now only 50 percent of adults are drinking a daily soda. And that’s a good thing.

But teens and certain groups still drink too much.

Soda and other sugary drinks are loaded with empty calories that can lead to weight gain and other health problems.

Thirsty? Drink a glass of water. With or without ice, it’s cool.

COMMENTS?

Send comments to the editor:
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Lather Up to Avoid Getting Sick

It’s National Handwashing Awareness Week

Everybody knows what happens when someone comes to the office sick. Or when someone comes down with a cold at home. There’s a chain reaction. Coughing, sneezing, and the Kleenex supply become daily discussion topics.

But doing a better job at washing your hands can be a great defense against germs, and help you stay well.

It’s why you should lather up for National Handwashing Awareness Week (Dec. 4 – 10).²

Germs travel fast

Researchers at the University of Arizona wanted to show how fast germs can spread. They placed water droplets on the hands of about 80 employees in an office.

But one person actually received drops of a fake virus.

How fast did the fake virus spread? In just four hours, it was on half of the surfaces in the office. And it had spread to half of all employees.

VIDEO

How to wash your hands
tinyurl.com/yb3eezjx

Hand hygiene rules to avoid germs

“Imagine how great it would be if you or your family were never sick again from a respiratory infection,” says National Handwashing Awareness Week founder Dr. Will Sawyer.

It’s possible if you follow a few simple rules:

1. Lather up with soap and wash your hands for at least 20 seconds. Do this when they’re dirty, and always before eating.
2. Do not cough or sneeze into your hands. Cover your mouth or nose with your elbow, or use a tissue.
3. Do not put your fingers in your eyes, nose, or mouth.

Follow these hand hygiene rules, and you’ll avoid getting sick from shaking hands or touching germly surfaces. 📌



The Nutty Way to Prevent Heart Disease

Eating nuts a few times a week good for your heart

When the nut supply runs low in the fictional town of Oakton City,

an unlikely team of thieves, con-artists, and scavengers, come up with a plan. Organize the biggest nut heist in history called *The Nut Job*.

And it works. After a series of twists and turns, mistakes, and a plan to outsmart nut-hoarding mobsters in this movie, the crew manages to stock up on nuts for the winter.

A handful of nuts for heart health

You don’t need a truckload of nuts to survive the winter. But eating a handful of nuts a couple times a week may be good for your heart, according to a recent study.³

Harvard researchers followed 210,000 adults for 32 years. They looked at heart health for people who ate nuts at least once a week to those who didn’t eat any nuts. Here’s what they found. People who ate:

- ✓ **Walnuts** at least once a week had a 20 percent lower risk of heart disease.
- ✓ **Peanuts** two or more times a week had a 14 percent lower risk of heart disease.
- ✓ **Tree nuts** (almonds, cashews, pistachios, or macadamia nuts) two or more times a week had a 15 to 23 percent lower risk of heart disease.

It’s possible other habits helped reduce the risk of heart disease. Like being active each



RECIPE

Simple Roasted Butternut Squash

Looking for an easy way to add some tasty vegetables to your diet or holiday meal? Try this Butternut Squash Recipe. It's simple. It's healthy (Butternut squash is high in vitamin A needed for good eyesight, a healthy immune system, and proper organ function.) And you only need a few ingredients.⁵

Ingredients

- 1 butternut squash
- 2 T olive oil
- 2 cloves, garlic, minced
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F.
2. Peel, seed, and cut butternut squash into 1-inch cubes.
3. Toss butternut squash with olive oil and garlic in a large bowl.
4. Season with salt and black pepper.
5. Arrange coated squash on a baking sheet.
6. Roast in the oven until squash is tender and lightly browned. About 25 to 30 minutes.

Don't Let Old Man Winter Stop You From Being Active

Aim for 30 minutes of physical activity a day

You don't have to let cold weather stop you from exercising. But it happens.

A recent Gallup survey found that only 49 percent of adults are active 30 minutes a day on at least three days a week during cold-weather months.⁴

Too cold to exercise outside? Probably not. It's possible that a winter storm could force you inside. But if it's just cold, you can still be active outdoors if you bundle up.

Need proof? There's a 26.2-mile marathon at the North Pole where temperatures are usually a chilly -4 to -40°F and the chance of polar bear attacks is real. But that doesn't deter dozens of runners from dressing in layers to go the distance.



MORE

5 of the best exercises you can ever do
tinyurl.com/y9g3fnlg

Ways to stay active indoors

But what if you're not a fan of the cold? Stay active indoors. Here's how:

- Take a brisk walk through your local **mall**.
- Find an **indoor pool** where you can go swimming or walk laps.
- Go to the **gym**.
- Play an **indoor game** with your kids like hide-and-seek.
- Find an **exercise video**, and follow along in your living room.
- Take an **exercise class** like yoga, aerobics, or kickboxing.
- Walk, jog or run on a **treadmill**. Or use a **stationary bike**.

The goal: Be active at least 30 minutes a day, even when it's cold outside. @

The Nutty Way to Prevent Heart Disease (continued from page 1)

day and having a plant-based diet. But nuts are high in fiber, nutrients, antioxidants, and healthy fats that can help lower heart disease risk.

MORE

Nuts and your heart
tinyurl.com/y77cy6nf

There's no need to go nuts. A small handful once or twice a day may be just enough to help keep your heart healthy. @

References

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4. Mendes, E. (2011). U.S. Health habits continue sharp winter decline. *Gallup News*. From: <http://tinyurl.com/ycl4ys6v>
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Take the December Health Challenge!

Practice Mindfulness: Develop a daily habit to improve your life

Ask the Wellness Doctor:

This Dr. Joe Raphael answers the question:
Should I take a Vitamin D supplement?

