



MAR 2019

WellNotes®

INFORMATION FOR KEEPING HEALTHY



THE Y AXIS



Clean and Dry or Covered in Germs?

Ever played the 'Would You Rather' game?

Take two opposing choices and ask a simple question. Like this:

Would you rather...walk out of a bathroom with clean and dry hands or be covered in germs?

What do you pick? It happens every time you dry your hands in a restroom. Will it be paper towels or a high-powered hand dryer? Sometimes you don't have a choice.

Paper towels might be old school, and less friendly to the environment. But research shows the high-powered hand dryer spreads 1,300 times more bacteria.¹ Gross! Choose the paper towels every time.

COMMENTS?

Send comments to the editor: well@wellsources.com

A Pinch More 'Green' for Your Health

Eat more leafy greens to improve health, prevent disease

How do you celebrate St. Patrick's Day? Kiss the Blarney Stone. Share a toast with friends. Find a leprechaun and a pot of gold at the end of a rainbow. Search for a four-leaf clover. Wear green. That's how some people do it.

But even if you don't celebrate this Irish holiday, a pinch more green is still good for your health.

More than 'luck' in leafy greens

Ever wonder why leafy greens are a staple in many popular meal plans and a common ingredient in green smoothies? They're packed with more than just luck.

Leafy greens are a rich source of vitamins and nutrients. They're sold at a price most people can afford. You can add them to your diet with little to no prep time. And studies show leafy greens provide important health benefits such as:²

- ✓ Prevent certain types of cancer
- ✓ Control hunger and help manage weight
- ✓ Reduce the risk for heart attack or stroke

- ✓ Lower cholesterol
- ✓ Improve bone health
- ✓ Control blood pressure
- ✓ Protect vision
- ✓ Improve gut health
- ✓ Prevent age-related memory loss
- ✓ Lower the risk for type 2 diabetes

MORE

20 ways to add more leafy greens to your diet
tinyurl.com/y5yvm5zf

The magical powers of leafy-greens
Want to improve your health and feel better? It's not magic, but adding a little more leafy-green luck to your diet can help. Eat 2-3 cups of veggies a day. Be sure to include broccoli, Brussels sprouts, cauliflower, and cabbage. And aim for 1-2 cups of leafy greens a week. That's foods like spinach, kale, arugula, and collards.

If straight vegetables don't make you feel "lucky," eat them with foods you love. Add them to salads, pizza toppings, and sandwiches. Or hide them in soups, casseroles, smoothies, and desserts. @

Give Your Gut Some Love: 8 Ways to Improve Digestion

Food choices and lifestyle habits impact gut health

Ever ask your stomach how it feels about the typical American diet? You know...pizza, burgers, fries, soda, and desserts?

Your stomach might not be able to give you a review on Yelp®. But it will tell you if you've been eating well, or eating poorly.

Here's how it works: Eat the right food. Digest it. Absorb the nutrients. Feel good.



But if you're not eating the right foods, thousands of tiny microbes (forms of bacteria) in your gut aren't going to be happy. Think heartburn, indigestion, upset stomach. That's not what you want.

When you make smart choices to keep your gut flora healthy, it helps reduce inflammation, supports the immune system, and gives your body the nutrients it needs.³

Here are eight ways to give your gut some love:

1. Don't smoke, or quit if you do.
2. Reduce stress in healthy ways.
3. Maintain a healthy weight, or lose weight if you need to.
4. Be active 30 to 60 minutes a day.
5. Avoid or limit red meat.



RECIPE

Broccoli Alfredo Pasta

Eat more whole grains and leafy-green veggies. You've heard the advice before, but what if you combine the two and make something tasty and healthy? Check out this recipe for the answer.⁵ This filling main dish includes broccoli, whole-wheat pasta, and low-fat alfredo sauce.

Ingredients

- 4 C broccoli, cooked
- 4 C whole-wheat pasta, cooked
- 2 C low-fat milk or soymilk
- 1 C fat-free parmesan cheese
- 1 tsp basil
- ½ tsp garlic powder
- 2 T cornstarch
- Pepper to taste (optional)

Directions

- Heat milk over medium heat. Then add basil and garlic powder. When hot, add Parmesan cheese.
- Mix cornstarch with 2 or 3 T of milk and stir into hot mixture. Stir, and heat until thickened.
- Pour mixture over pasta and broccoli. Serve.

Makes 4 servings with 349 calories each.

Use Your Muscles: 4 Reasons Stronger Is Better at Any Age

Make time for strength training two days a week

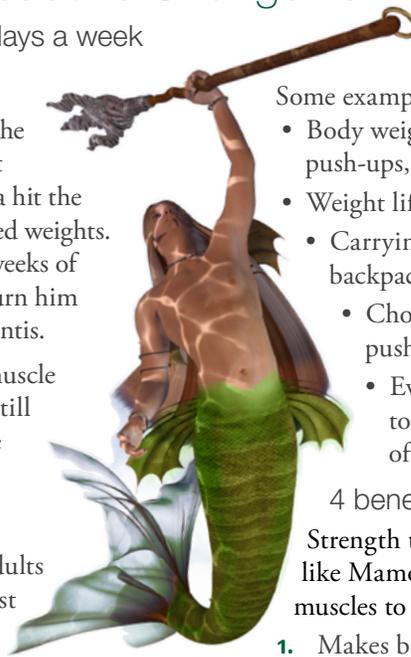
When Jason Mamoia got the call, he wasn't exactly in superhero shape. So to look like the Justice League legend in the blockbuster hit *Aquaman*, he had some work to do. Mamoia hit the gym hard with two-hour workouts. He lifted weights. He spent time rock climbing. After many weeks of work, his strength training efforts helped turn him into the king of the undersea nation of Atlantis.

You may not have a casting call to build muscle and get stronger. But strength training is still important, if you want to be healthier, live longer, and prevent injuries as you age.

The fitness formula for strength

How often are you using your muscles? Adults should be active enough to sweat for at least 30 minutes a day, or a total of 150 minutes a week. But if that's all the exercise you get, it's not enough. For best health, you also need to do strength training at least two days a week.⁴

What is strength training? It's 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, planks)
- Weight lifting
- 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

4 benefits of strength training

Strength training isn't just for people like Mamoia. When you put your muscles to work, it helps:

1. Makes bones stronger
2. Prevent loss of strength and muscle mass
3. Lowers the risk for injuries
4. Protects brain health

Even if you're not defending the undersea nation of Atlantis, strength training is good for you at any age. @

MORE

Strength training to preserve muscle mass tinyurl.com/yadegfg3

Give Your Gut Some Love: 8 Ways to Improve Digestion (continued from page 1)

6. Drink at least 6 to 8 glasses of water per day.
7. Eat a variety of healthy foods.
8. Don't overeat.

MORE

Plant-based foods for healthy gut bacteria tinyurl.com/obx3j7y

Medicine can soothe heartburn or tummy troubles. But making smart lifestyle changes can help prevent those problems. Keep your gut healthy so it doesn't complain. @

References

1. Kimmit, P.T., et al. (2015). Evaluation of the potential for virus dispersal during hand drying: a comparison of three methods. *Journal of Applied Microbiology*, 120(2): 478-486. From: <http://tinyurl.com/y6hld5x3>
2. Slavin, J., Lloyd, B. (2012). Health benefits of fruits and vegetables. 2, 3(4):506-516. From: tinyurl.com/y4eppbpb
3. Bischoff, S. (2011). 'Gut health': A new objective in medicine? *BMC Medicine*, 9:24. From: tinyurl.com/yvu4sevj
4. Esco, M. (2013). Resistance training for health and fitness. American College of Sports Medicine. From: tinyurl.com/y3fhhdz
5. U.S. Department of Agriculture. (2018). Broccoli alfredo. What's Cooking? *USDA Mixing Bowl*. From: tinyurl.com/y67merto



Take the March Health Challenge!

Strengthen Social Bonds: Make time to connect with others

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

What can I do to fall asleep faster?

© Wellsource, Inc. All Rights Reserved.

Aster Awards
HONORING EXCELLENCE IN HEALTHCARE ADVERTISING

