



MAY 2019

# WellNotes®

INFORMATION FOR KEEPING HEALTHY



THE Y AXIS



## The Sugar Rush Myth

Looking for a quick boost of energy? You might gulp down a sugary drink or munch your way through some sweet treats. That's how you get a sugar rush, right?

It's all in your head. It's a myth. Nothing to see here but empty calories. There's really no such thing as a sugar rush.

New research shows eating sugary foods has no positive impact on mood.<sup>1</sup> In fact, researchers found that you're more likely to feel tired and less alert after consuming sugary food or drinks.

"Our findings very clearly indicate... sugar will probably make you feel worse," says lead researcher Dr. Konstantinos Mantantzis.

### COMMENTS?

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

## Follow the 'Walk It Off, Keep It Off' Plan

Regular exercise key to keeping weight off

When Illinois resident Lynn Kata stepped on the scale just before her 50th birthday, she was 40 pounds overweight. Her diet included lots of sugary foods. She wasn't very active. And she realized something needed to change. That's how it all started.

She cut out most sugary foods and drinks. She started exercising, even though it was just a short, slow walk at first. When she could walk three miles at a time, she added 30-minute home workouts to her plan. And she tipped the scale in the right direction.

"I reached my fiftieth birthday 40 pounds lighter," says Kata. "I was thrilled that I had accomplished my goal."

### MORE

Walk it off: Take 10,000 steps a day  
[tinyurl.com/y42nzovb](http://tinyurl.com/y42nzovb)

Ten years later, Kata is still healthy and fit. And she's helping others as a health coach and fitness instructor. In a recent study, researchers found that regular exercise is the key to keeping weight off after you lose it.<sup>2</sup>

Step up to lose weight and keep it off

If you want to lose weight and keep it off, aim for 30 to 60 minutes of physical activity a day. In the study, the most successful dieters to lose weight and keep it off walked an average of 12,000 steps per day.

How many steps per day do you take? In the U.S., the average adult only walks 3,000 to 5,000 steps per day. It's not enough to maintain a healthy weight and lower your risk for chronic disease. But you can change that. Aim for 10,000 steps per day or more. Start today. @

## The Glass-Half-Full Secret to Prevent Heart Disease

An optimistic outlook supports heart health

Are you an optimist or a pessimist? Is the glass half full or half empty? Can you look on the bright side of things, even when things aren't perfect? Your answer could have an impact on your heart health.

Research shows that a positive outlook can help prevent heart disease or slow its progression.<sup>3</sup>

In a recent study, researchers found that being happy can lower the risk for heart disease. And that's regardless of your age, income, body weight, or even if you smoke.

In fact, the happiest people were 50 percent less likely to have heart problems.

They were also more likely to have lower blood pressure and normal body weight.

It's an important finding. That's because heart disease is the leading cause of death in the United States. About 635,000 people die from heart disease each year.

What can you do to prevent heart disease? Exercise. Eat a healthy diet. Maintain a healthy weight. Don't smoke, or quit if you do. Manage stress in healthy ways. Take medication if necessary. And be happy. It appears that an optimistic outlook can help prevent heart disease, too.





### RECIPE

#### Avocado, Mango, and Bean Salad

Hungry for a healthy salad? Here's an easy-to-make bean salad with avocados, lettuce, and lots of tasty flavors.<sup>5</sup>

- 15 oz. black beans, canned (drained, rinsed)
  - 15 oz. corn, canned (drained)
  - 1 C avocado, cubed
  - 2 mangos, cubed
  - 2 green onions, sliced
  - 1 head romaine lettuce (chopped)
  - 3 T lime juice
  - 1 T olive oil
  - 2 T fresh cilantro (chopped)
  - ½ tsp. chili powder
  - ¼ tsp ground black pepper
  - ¼ tsp salt
1. Tear lettuce into 2-inch pieces. Divide into six bowls or plates.
  2. In a medium-sized bowl, add black beans, corn, avocado and mango. Do not mix.
  3. In a small bowl, combine lime juice, olive oil, cilantro, chili powder, black pepper and salt. Mix well. Pour over the mango and avocado mixture.
  4. Toss gently to coat. Serve over the lettuce and mixed greens.

Serves six. 218 calories per serving.

## Want to Live Longer? Clean Up Your Diet

Research shows 1 in 5 deaths linked to poor diet

How's your diet? If you're thinking of sugar-coating the truth, you're not alone.

About 75 percent of adults think they're eating well. But new research shows an estimated 1 in 5 deaths worldwide are linked to poor diet.<sup>4</sup>

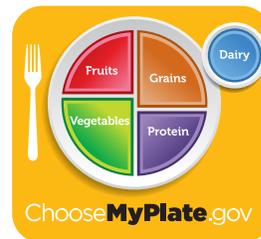
Here's another way to put it. You might be eating yourself to death. Diets high in sodium and low in whole grains, fruits, and vegetables cause half of all nutrition-related deaths. The major killers: heart disease, diabetes, and cancer.

If your diet regularly includes fast food, sugary drinks and snacks, and processed foods, it's time to give your menu a makeover.

Here's a guide to help you clean up your diet. Eat:

- 1.5 to 2 cups of fruit per day
- 2 to 3 cups of vegetables per day
- 3 to 5 servings of whole grains per day
- 1.5 ounces (a small handful) of nuts and seeds per day
- 2 to 3 servings of seafood a week
- 6 to 8 glasses of water per day (more in hot climates, or if you are physically active)

What are Americans eating the most of? Red meat, sugary drinks and snacks, fast food, processed meals, high-sodium foods, and other foods high



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in calories with little to no nutritional value. It's a diet that will subtract years from your life and life from your years.

But it doesn't have to be that way. Now is always the best time to start eating healthier. Take it one bite at a time. You'll feel better, be healthier, and live longer. @

### The Glass-Half-Full Secret to Prevent Heart Disease (continued from page 1)

Here are some things you can do to feel happier:

- Identify your character strengths.
- Recognize your successes.
- Keep a journal of what you're grateful for.
- Write down your achievements.

**MORE**  
Simple steps to get healthier and happier  
[tinyurl.com/yxmkv5u5](https://tinyurl.com/yxmkv5u5)

- Identify things you do well.
- Talk to yourself positively.
- Help other people.
- Ask for help.
- Laugh more. @

### References

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## Take the May Health Challenge!

Know Your Medical History: Get info to manage your health

## Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

Why should I see a doctor once a year?

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