



THE Y-AXIS



Your Mom Was Right About Everything...

Eat your veggies. Get some sleep. Go outside.



Sound familiar? A 30-year study just confirmed that stacking basic healthy habits like:

- ✓ Eating well
- ✓ Exercising &
- ✓ Sleeping enough...

...leads to better mental and physical health over time.⁵

And the sooner you get started, the better.

You don't have to overhaul your life today. Just pick one thing and do it well.



Take a walk. Eat more fruits & veggies. Turn off electronics before bed.



Why? All that stuff your mom used to talk about actually works.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

The Snack Habit That's Messing With Your Mind

Study: Fat & sugar affect brain function

Ever walked into a room and forgot why you went in there? Or circled the parking lot trying to remember where you left your car?

Turns out, your diet might be messing with your brain's built-in GPS.



A new study found that eating a diet high in fat and sugar is linked to worse spatial navigation skills, which is: The very ability that helps

you remember where things are, follow directions, and find your way around.¹

Researchers had participants explore a virtual environment and discovered that those who consumed more fatty, sugary foods had a tougher time navigating the space.



Translation? Your snack choices could be leaving your brain a little foggy.

The good news: You don't have to give up flavor to protect your

SNACK ▶

The Surprisingly-Simple Trick to Be More Active

How to change your mind about exercise in minutes

Trying to be more active but just not feeling it? You're not alone.

About 76 percent of adults don't get enough exercise. But it doesn't have to be that way. A new study found that people who practiced short, digital

mindfulness sessions were more likely to enjoy physical activity and actually stick with it.²

Think about it this way: When you tune into your body and surroundings, even a simple walk can feel more rewarding.

So how does mindfulness help?

It shifts your focus from "Ugh, I have to work out" to "Hey, I get to move."

ACTIVE ▶



Stressed Out? Take a Daily Dose of LaughterRx

Laugh more to reduce stress, boost mood and feel better

Let's face it. Sometimes life can be stressful. And if you get all wrapped up in everything that's not going right, it can take a toll on your health and happiness.

Here's the thing: You can choose to be stressed out or you can laugh it off. And if you don't manage stress in healthy ways, it can lead to things like:

- Heart disease
- Obesity
- Diabetes
- Headaches
- Depression and anxiety
- Stomach problems
- Memory loss



In a recent study, researchers found that people who smile and laugh more often, are better able to manage stress.³ Why?

When you laugh, your brain releases endorphins that help improve mood, reduce stress, and relieve pain.

On average, happier people laugh at least 18 times a day. When was your last dose of laughter?

Maybe it's time for a funny movie, laugh-out-loud book, funny joke, or time with family and friends when you laugh until you cry.

Need a simple way to manage stress and feel better?

Laughter might not fix everything, but it's a pretty good place to start.

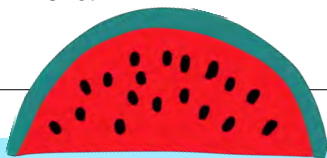


The LOL Formula to Beat Stress

Ready to boost your mood, reduce stress and protect your health?

Here's what you need to do:

- Smile often. Laugh more.



► **SNACK**
brainpower.

Revamp your snack habits
<https://tinyurl.com/mucp2sm9>

Try these simple swaps to stay sharp:

✔ **Choose whole foods** over ultra-processed ones (think apples over apple pie).

✔ **Cut back on sugary drinks** like soda, energy drinks, and coffee with cream and sugar

✔ **Snack smart** with nuts, yogurt, fruit, or veggies and hummus.



✔ **Stay hydrated** and eat more fiber-rich foods to support overall brain health.

Small changes to your plate can make a big difference in how you think, feel, and move through the world.

And hey, the next time you're trying to remember where you parked, healthier habits will lead may lead you there.

Recipe: Banana Kiwi Salad

Forget about serving fruit salad from a can. This mixture of fruit with vinaigrette dressing has just the right amount of tropical-island zing to make you say “yum.”⁴

Ingredients

2 T lime juice
1 T canola oil
1 T minced shallot
2 tsp rice vinegar
1 tsp honey
1/4 tsp salt
Pinch of cayenne pepper, or to taste
4 kiwis, peeled and diced
2 firm ripe bananas, cut diagonally into half-inch slices
1/2 C red bell pepper, diced
2 T fresh mint, thinly sliced
2 T cashews, toasted and chopped

Directions

1. Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl.



Make this salad with bananas, kiwis and bell peppers.

2. Add kiwis, bananas, bell pepper and mint. Toss to coat.

3. Serve sprinkled with cashews.

Serves 4.

► ACTIVE

That tiny mindset shift makes it easier to stay consistent, and feel good doing it.

Want to give mindful movement a try?

Here's how to start:

✔ **Before your next walk or workout,** pause for 30 seconds.

✔ **Take a few deep breaths** and check in with how your body feels.

✔ **Focus on your senses:** the breeze, your feet on the ground, sounds around you.

✔ **Ditch the “all or nothing”**



7 easy ways to move more

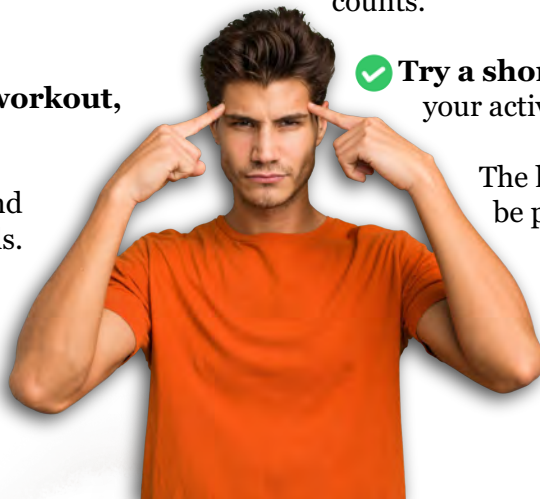
<https://tinyurl.com/yw6h48f2>

mentality. Even 5–10 minutes of mindful movement counts.

✔ **Try a short guided mindfulness app** before your activity (like Headspace or Insight Timer).

The key? Stop judging your workout. Just be present.

By pairing movement with mindfulness, you'll find more joy in being active, and that makes it way easier to keep showing up for yourself.



References

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Ask the Wellness Doctor: What are the main benefits of strength training?

Health Challenge: Red Meat Reset: Swap red meat for healthier choices



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