



THE Y-AXIS



Take a Whiff of This to Boost Your Workout

"Hey, bro, take a whiff of this."

Chocolate probably isn't the first thing you think about before exercise. But its smell may give your workout a surprising boost.

In a recent study, young men smelled dark chocolate, milk chocolate or water during leg extensions after fasting overnight.⁴

And the "Chocolate Whiff Effect" made a difference: Dark chocolate helped them complete 18 more leg extensions. Milk chocolate added nine. Neither made the workout feel harder.

Maybe some of that bro-science is actually true. Bring some chocolate to your next workout, just in case.



COMMENTS?

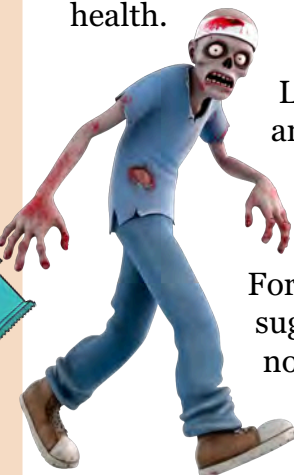
Send comments to the editor:

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The Scary Truth About Sitting Too Long

Take a break from sitting every 30 minutes to protect your health

There's something scarier than ghosts, goblins, horror movies and haunted houses: Sitting and your health.



Long periods of sitting are linked to a higher risk of heart disease and early death.

Fortunately, research suggests there's a not-so-scary way to help protect your health: Walk more.³

In the study, compared with people who took about 2,200 steps per day, those who took 9,000 to 10,000 steps had a:

- 39% lower risk of death
- 21% lower risk of heart disease

The benefits appeared whether people sat a little or a lot.

If 10,000 steps sounds frightening, don't panic. You can benefit from doing much less.

About half of the total risk reduction appeared at 4,000 to 4,500 steps per

SITTING ►

Eat THIS to Lower 4 Heart Disease Risk Factors

Aim for 4 to 6 servings of whole grains daily

Ina Garten is the host of Food Network's *Barefoot Contessa*, and she's known for creating memorable meals. But her go-to morning meal is surprisingly simple: Whole-grain toast with butter and coffee.

So what's your morning breakfast look like?

A daily bowl of oatmeal or whole-grain toast may help improve your heart health.

One recent study found that eating more whole grains may help lower:¹

- Cholesterol
- Blood pressure
- Blood sugar
- Body weight

Whole grains may also help reduce inflammation and improve the way the body responds to insulin.



WHOLE GRAINS ►

Measure It: What Your Waist Size Says About Your Health

Pick up a tape measure to find out

What's your waist size? If you're tailoring a suit or shopping for pants, you'll need to know to get the right fit.

But waist size can also tell you a lot about your health. New research found that this simple measurement may identify obesity-related health risks that weight alone can miss.²

Health risks generally increase when your waist size is more than:

- 35 inches for women
- 40 inches for men

A larger waist can mean you're storing more fat around your middle, which raises your risk for diabetes, heart disease and high blood pressure.

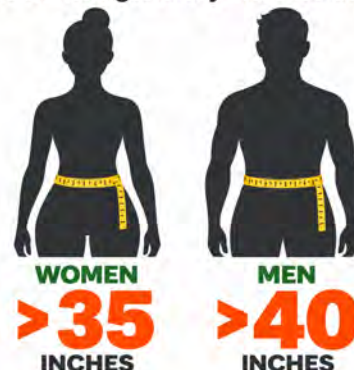
How to measure your waist size

- **Wrap** a tape measure around your middle, just above your hipbones.
- **Breathe** in and then out normally.
- **Pull** the tape measure snug, but not tight.
- **Record** your waist size.

If your waist size is above the recommended range, set a goal to improve it.

WAIST SIZE MATTERS

Health risks generally increase above:



Here are some things you can do:

- **Be active** 30 to 60 minutes a day.
- **Eat** more fruits, vegetables, whole grains, beans, nuts and seeds.
- **Replace** highly processed snacks and sugary drinks with more nutritious options.
- **Set a small goal**, such as losing one pound a week.
- **Work with a doctor**, registered dietitian or coach to lose weight and keep it off.

Measuring your waist takes less than a minute. What you learn could help you take action before bigger health problems develop.



Waist size matters

<https://tinyurl.com/4veavu3p>



► SITTING

day, and benefits began with any amount above 2,200.

Start with your current average. Add a few hundred steps at a time and keep building.

Break the sitting spell

Check your steps on your phone or fitness tracker.



Know the health risks of too much sitting
<https://tinyurl.com/39j6bwn2>

Then look for simple ways to add more:

- **Take a walk** after a meal
- **Use the stairs** instead of the elevator
- **Walk** while talking on the phone
- **Park** farther from the entrance
- **Move** around between shows or episodes
- **Set a timer** to stand and move every 30 minutes
- **Walk while waiting** for food to cook or coffee to brew

Increase your goal gradually until you're moving more than before.

Go ahead and enjoy that scary movie. Just take a few walking breaks before the credits roll.



WellNotes

OCTOBER 2026

Recipe: Overnight Apple Peanut Butter Oatmeal

Hungry for a healthy breakfast made with oatmeal, fruit and healthy fats? Give this slow-cooker recipe a try. Just mix up this recipe the night before, and you'll have a grab-n-go breakfast in the morning.⁵

Ingredients

1 C steel cut oats
1/4 C light brown sugar
1 tsp vanilla extract
1/2 tsp ground cinnamon
1/4 tsp salt
1/4 C creamy peanut butter
2 medium apples, peeled, cored,
and cut into ½-inch pieces
3-1/4 C water

Directions

1. Coat the inside of a 5-6 quart slow cooker with cooking spray.
2. Combine the oats, brown sugar, vanilla extract, cinnamon, salt, and water in slow cooker.
3. Add peanut butter and whisk to incorporate.
4. Stir in apples. Then cover, and cook on low heat for 8 hours.
5. Incorporate the somewhat crusty oatmeal stuck to the sides and bottom by stirring for 2-3 minutes. Serve warm.

Serves 4. 330 calories per serving.

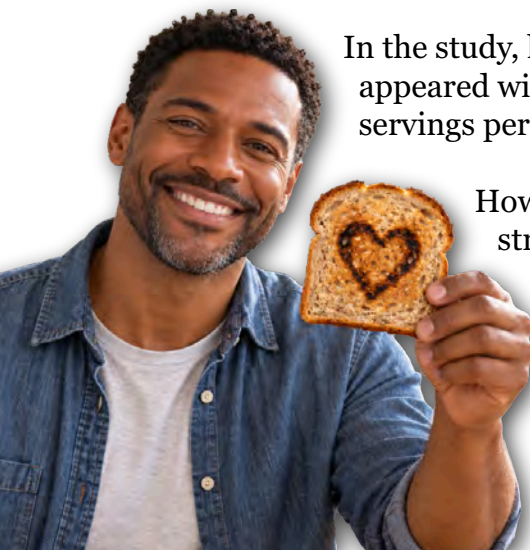


► WHOLE GRAINS

Whole grains vs. refined grains

Unlike refined grains, whole grains retain all three parts of the grain kernel: The bran, germ and endosperm.

Together, these provide fiber, vitamins, minerals and other beneficial plant compounds.



In the study, health benefits appeared with just one or two servings per day.

However, the strongest results generally occurred at four to six servings per day.



Try these 7 whole-grain foods

<https://tinyurl.com/3zwadwdr>



Try these whole-grain foods:

- Oatmeal
- Whole wheat bread or pasta
- Brown or wild rice
- Barley
- Air-popped popcorn

Make the whole-grain swap

Eating more whole grains doesn't have to be hard. Start with one food you already eat, and make a simple swap. Try:

- Oatmeal instead of sugary cereal
- Whole-grain bread instead of white bread
- Brown rice instead of white rice

With one simple swap, you can put better heart health on the menu.

References

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Ask the Wellness Doctor: How can I keep my bones strong as I age?



Health Challenge: Eat Healthy Fats: Choose healthy fats to improve your health



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