



THE Y-AXIS



Beware of the Sloucher Effect

Turns out your mom and your middle-school teachers were right.

A new study found that people who sit up straight feel better and make smarter decisions than people who slouch.⁴



Researchers weren't sure how big of a role posture played in mood and thinking.

So they set up an experiment comparing people sitting upright to people hunched over a desk, tablet, or computer.

The upright group came out ahead on both counts. Researchers say the effect was small, but real.

Feeling tired, sluggish, or just out of oomph? Sit up straight and see what happens.

COMMENTS?

Send comments to the editor:

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Stairway to Health: Skip the Elevator to Save Your Heart

Taking the stairs may lower the risk for heart disease, early death

When two-time Olympic gold medalist Alistair Brownlee heard "take the stairs," he had something bigger in mind than a simple wellness challenge.

He raced up 1,576 stairs and cleared 86 floors in 12 minutes and 28 seconds in the

Empire State Building Observation Deck Run-Up last fall.

You probably won't have to climb 86 floors, or race



your way to the top of a building, but taking the stairs could be the stairway to better health.

This heart-healthy habit is hiding in plain sight

A new analysis of more than 480,000 people found that regular stair climbers were:¹

- **39 percent** less likely to die from heart disease
- **24 percent** less likely to die from any cause, compared to people who rarely took the stairs.

STAIRS ►

'You're Welcome': Why Asking for Help Is a Superpower

September is National Suicide Prevention Month

You've probably heard Dwayne Johnson belt out "You're Welcome" this summer. It's Maui's signature song in *Moana*. But off screen, Johnson has said something just as memorable, and a lot more personal.



He's spoken openly about a period he called his "absolute worst time," when he battled depression after a



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career setback and a breakup. His message to others going through something similar:

"Asking for help is not a weakness. As a matter of fact, asking for help is our superpower."

Suicide Prevention: 988 LifeLine helps 600,000+ per month

Suicide is the 10th leading cause of death in the U.S., but help is just a call or text away.²

PREVENTION ►

Holy Guacamole: One Avocado a Day May Help Your Heart

Daily avocado habit may lower heart disease risk

Did you know avocados have a dark side? Emergency room doctors even have a name for it: Avocado hand.

One national study found more than 2,500 people a year go to the emergency room for knife injuries while cutting or pitting an avocado. Sliced avocados or guac might be good, but keep your hand out of it.



Discover the Avocado Effect

Here's the good news: Eating one avocado a day might be a small step toward a healthier heart.³

Researchers followed nearly 800 adults with extra belly fat for six months.

- Half ate an avocado every day.
- The other half kept their usual diet.

Here's what happened: The avocado eaters saw a drop in a specific kind of bad cholesterol linked to clogged arteries, enough to lower estimated heart disease risk by about 4 percent.



That's smaller than the 14 to 29 percent drop tied to improving



Avocados may help improve heart health by lowering cholesterol and blood pressure. **How to pick the perfect avocado:** <https://tinyurl.com/47fb5e8t>

your diet, but researchers called it a step in the right direction, since participants didn't have to change anything else.

Cut safely & enjoy the health benefits

Here's how to avoid "avocado hand." Place the avocado on a cutting board, and cut around the pit instead of trying to knife it out.

Heart health is just the beginning. Avocados can also help you feel full longer, support healthy digestion, and help keep blood pressure in check.

► STAIRS

Researchers also found lower rates of heart attack, stroke, and heart failure among stair climbers.

How many stairs is enough?

Good news: You don't need to train like an Olympic athlete racing skyscrapers.

One study included in the analysis found that climbing about six flights a day may offer the



5 reasons to take the stairs

<https://tinyurl.com/bddmhu9m>



biggest benefit. But even a little climbing helped.

Other health benefits of taking the stairs include improved heart health and lungs, stronger muscles and a better calorie burn than walking.

Next time you're in the path of an elevator or escalator, you know what to do: Take the stairs.

Recipe: Mediterranean-Style Avocado Omelet

Hungry for a protein-packed breakfast with a Mediterranean twist? Give this Avocado Omelet recipe a try. 5 One pan, ready in about 10 minutes, and packed with spinach, roasted pepper, and creamy avocado.

Ingredients

- 1 tsp olive oil
- 1/2 C spinach leaves
- 1 T minced sundried tomatoes (packed in oil and herbs, drained)
- 2 T minced roasted red pepper (jarred)
- 2 eggs, beaten
- 1/8 tsp salt
- 1/2 avocado (seeded, peeled and mashed)
- 1/8 tsp garlic powder
- 2 fresh basil leaves, sliced thin

Directions

1. Heat olive oil in small nonstick frying pan over medium-high heat.
2. Add spinach, sundried tomatoes and roasted pepper. Sauté for about 3 minutes.
3. Transfer vegetables from pan to plate and set aside.
4. Add beaten eggs to hot pan. Reduce heat to medium-low and add the vegetables over the top of the eggs. Let the eggs cook until set.
5. While the eggs cook, combine avocado, garlic powder, fresh basil, and a pinch of salt in a small bowl.
6. Once eggs are set, spread mashed avocado mixture over one half of the eggs, and gently fold the other half over to serve.
7. Garnish with additional sundried tomatoes, avocados, roasted peppers and basil.

Serves 1. 390 calories per serving.



► PREVENTION

- The 988 Suicide and Crisis Lifeline now answers more than 600,000 calls, texts, and chats every month.
- Reaching out is something a lot of people are already doing.



Suicide Prevention: Watch for these signs

Sometimes the person struggling isn't the one who calls. Watch for:

- **Talking** about feeling hopeless or having no reason to live
- **Withdrawing** from friends, family, or activities

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NATIONAL
SUICIDE
PREVENTION
MONTH

- **Extreme** mood swings
 - **Giving** away possessions or saying goodbye
- If you notice these signs, ask directly if they're okay, and really listen.

And if this sounds like you, the same advice applies. Reach out to someone, or call or text 988. You don't have to have the right words. You just have to start.

References

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Ask the Wellness Doctor: How can I improve my gut health?



Health Challenge: Know Your Numbers: Understand test results to protect your health



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