



THE Y AXIS



## Brain Dancing

Move and groove to keep your brain healthy

Think you could earn a high score on *Dancing with the Stars*?

Move your feet. Feel the beat. Smile. Keep up with your partner. Learn a new routine every week.



You might not be the next celebrity pick for the popular reality show. But if you want to keep your brain healthy, plan to move and groove a little more.

Why? New research shows that dancing can help keep your brain young and prevent problems like dementia and Alzheimer's disease.<sup>1</sup> It also improves balance.

Want a high-score the next time you see your doctor? Start dancing.

### COMMENTS?

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

## A Simple Habit to Manage Weight

Train your brain to check calories and serving size

Ever walked into the grocery store hungry? How about hitting the drive-thru after a hectic day?

It's a hallmark of the See Food diet. You see food, you eat it. And it's one reason about 71 percent of all adults are overweight or obese.

But it doesn't have to be that way. There's a simple thing you can do to manage your weight and make better choices about what you eat. Read food labels.

A recent study looked at the shopping habits of 25,640 people.<sup>2</sup> It also collected information about weight and eating habits.

The results? People who read food labels weigh nearly nine pounds less than people who don't. It's not magic. It's just a simple way to help you be more aware of your food choices.

### MORE

How to read food labels [tinyurl.com/jbgfko](http://tinyurl.com/jbgfko)

What to look for on the label

Every packaged food item you buy has a nutrition facts label. At a glance, you can get information like:

- **Serving size.** It's probably smaller than you think.
- **Calories.** How many calories are in a single serving? The average adult only needs about **2,000 calories a day.** Keep that in mind.
- **Macronutrients** such as protein, fat, carbohydrates, sugar, sodium, and cholesterol.
- **Ingredients.** Want to know what's in your food? Read the list of ingredients. Note: Generally, the more ingredients and chemicals on a label, the less healthy the food is.

**Going out to eat?** If a restaurant has 20 or more locations, it's required to publish nutritional information about the foods on its menu.

Want to lose weight, or maintain a healthy weight? Read food labels. You'll be more aware of what you're eating and make better food choices. @

## How to Get Fit Without Going to the Gym

Stay in shape with body weight exercises

What's the number one excuse people make for not getting enough exercise? "I'm too busy."

Ever used that one before? About 80 percent of all adults don't get enough exercise, says the Centers for Disease Control and Prevention. Here's what you should be doing:

- About 30 minutes of aerobic exercise a day to strengthen your heart and lungs.
- Strength training activities at least twice a week to build stronger bones and muscles.

Your schedule might be too hectic to fight traffic, drive across town, and



fit in a workout at the gym. But a gym membership isn't required to be active.

You can step outside right now and go for a walk, jog, or bike ride. Just make sure you get your heart rate elevated, and sweat.

And you can replace the gym with exercises using your own body weight like:

- Curl-ups
- Push-ups
- Jumping Jacks
- Squats
- Lunges
- Planks

Benefits of body weight exercise

The American College of Sports Medicine ranked body weight exercises as one of the top five fitness trends in 2018.<sup>3</sup>



## 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.<sup>5</sup> 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 soy milk
- 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 add to hot mixture. Heat until thickened.
  - Pour mixture over pasta and broccoli.
- 349 calories per serving. Makes 4 servings.

# The Right Way to Cook Broccoli for Better Health

Broccoli loses up to 77 percent of its nutrients when boiled

“Eat your broccoli.” If that’s a dinner-table mantra that still haunts you from your childhood, you’re not alone.

Only 9 percent of adults eat enough vegetables. (Experts recommend 2 to 3 cups of vegetables per day.) If you have an aversion to broccoli, maybe it stems from how it was cooked when you were a kid.

In a recent study, researchers found that broccoli loses up to 77 percent of its nutritional value when it’s boiled for 30 minutes or longer.<sup>4</sup>

And that’s a problem, because broccoli packs the most nutritional punch of any vegetable.

#### Health benefits of broccoli

Broccoli is loaded with nutrients like vitamin C, vitamin A, folic acid, calcium and fiber. It’s one of those brightly-colored vegetables that can help strengthen your bones, prevent cancer, and reduce your risk for heart disease.



**MORE**  
Try these broccoli recipes  
[tinyurl.com/yczqk4gp](https://tinyurl.com/yczqk4gp)

But that all depends on the way you prepare it. The best ways to eat broccoli to preserve most of its nutrients include:

**Raw:** Munch and crunch raw broccoli from a veggie tray or in a salad.

**Steamed:** Steam broccoli for up to 15 minutes to soften.

**Stir-fried:** Add broccoli to a stir-fry mix of other vegetables. Cook for about five minutes.

**Microwaved:** Cover and cook in the microwave for about five minutes.

If you’re not eating enough vegetables, give broccoli a try (even if you didn’t like it as a kid). Instead of boiling, use one of these cooking methods. Then season with herbs and spices, or even a little salt, and enjoy. 🍴

## How to Get Fit Without Going to the Gym (continued from page 1)

Research shows that body weight exercises can help you:

- Build strong muscles
- Move quickly and bend easily
- Strengthen heart and lung function
- Lose weight

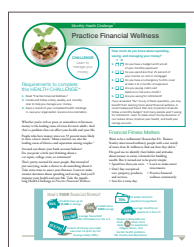
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50 body weight exercises you can do anywhere  
[tinyurl.com/y8o4ow3w](https://tinyurl.com/y8o4ow3w)

Can’t get to the gym? Use body weight exercises to stay in shape. Set aside 15 to 20 minutes.

Start with a simple workout, and gradually increase repetitions and exercise time as you get stronger. 🍴

## References

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## Take the June Health Challenge!

Practice Financial Wellness: Learn to manage your money

## Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question:

Is juicing a good way to eat more fruits and vegetables?

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