



THE Y AXIS



## What are you looking at?

### Thumbs down on texting while driving

If you're behind the wheel looking at your smart phone, you might be looking at something else.



Like hefty fines. A suspended license. Or jail time.

Texting while driving is illegal in all Canadian provinces. In the U.S., it's against the law to text while driving in 47 states. And in 14 states, just holding your phone can get you into trouble.

Why? Drivers spend at least five seconds at a time texting and looking away from the road, according to a recent study.<sup>1</sup>

And you're 23 times more likely to get in an accident when texting while driving.

Stay safe. Just look at the road when you're behind the wheel.

### COMMENTS?

Send comments to the editor:  
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## Healthy Lifestyle – a Powerful Force

November is American Diabetes Month

It won't be long before Star Wars fans flock to the theaters to see *The Last Jedi*. It's the latest movie created by writer and producer George Lucas.

Perhaps you know Lucas as the genius behind the Star Wars movies and characters like Yoda, Hans Solo, Chewbacca, Darth Vader, and Luke Skywalker. But did you know Lucas has type 2 diabetes?

He's one of 30 million people in the United States with type 2 diabetes. That's 1 in 10 adults. But another 84 million people are at risk for type 2 diabetes.<sup>2</sup>

Left unchecked, diabetes can cause nerve damage, poor circulation, vision loss, kidney disease, heart disease, and other health problems. But it can be prevented and managed by making smart lifestyle choices.

### MORE

50 ways to prevent type 2 diabetes  
<http://tinyurl.com/kkodukg>

Here are some things you can do:

- ✓ Eat more plant-based foods like fruits, veggies, whole grains, nuts, seeds, and legumes.
- ✓ Limit processed foods, sugary snacks, and drinks.
- ✓ Be active 30 to 60 minutes a day.
- ✓ Drink plenty of water.
- ✓ Maintain a healthy weight, or lose weight if you need to.
- ✓ Don't smoke, or quit if you do.
- ✓ Eat smaller portion sizes of food.
- ✓ Get a blood sugar test at least once a year to measure blood sugar levels.

If you don't have diabetes, do everything you can to prevent it. And if you do, make the changes you need to in your life to manage it. May the Force be with you! @

## Feast on Fruits and Vegetables for the Holidays

Meat doesn't have to be the main course

When Jerry Seinfeld and his friends celebrate the fictional TV-show holiday, Festivus, the main course includes a mystery dish of reddish slices of food on top of a bed of lettuce.

Is it meat loaf or is it spaghetti? *Seinfeld* fans are still debating this 20 years later.

What do you plan to eat for the holidays?

If you're planning to host a dinner party, skip the Festivus traditions. Don't let your kids lick their plates and talk with their mouths full. And

serve something other than meatloaf and spaghetti, like more fruits and vegetables.

For example, at the first Thanksgiving in 1621, the Pilgrims and Wampanoag Indians ate corn, onions, beans, lettuce, spinach, cabbage, carrots, peas, and nuts.<sup>3</sup>

They ate fruits such as blueberries, plums, grapes, raspberries, and cranberries. And they enjoyed roasted pumpkin with honey and spices, too.

This holiday season, skip the processed foods and desserts loaded with sugar, fat, and empty calories.





## RECIPE

Need a healthy snack to keep you going during the holidays? Try this easy, no-bake recipe for Walnut Energy Balls.<sup>5</sup>

### Ingredients

- ½ C walnuts
- ¾ C dates, freshly pitted
- ½ C almond meal
- 1 C rolled oats
- ½ C sunflower seeds
- ¼ C cocoa powder
- 3 T maple syrup
- ¼ C sesame seeds

### Directions

1. Use a food processor to lightly pulse walnuts into smaller pieces. Set aside.
2. Place remaining ingredients in food processor. Blend until mixed well.
3. Pour mixture into bowl. Stir in walnuts.
4. Roll mixture into walnut-sized balls.
5. With sesame seeds in a small bowl, roll balls in seeds to coat.
6. Serve right away. Or store in the fridge for a few days or freezer for a week.

Makes 10 servings.  
239 calories per serving.

## Even a Little Exercise Can Improve Your Mood

Study: 60 minutes of physical activity a week may prevent depression

What if you could do something for just an hour a week to avoid feeling sad or depressed? Would you do it?

Think about it. There are 168 hours in a week. That's 10,080 minutes. After sleeping, going to work, and other need-to-do tasks, could you find just a few minutes a day in your busy schedule?

It might be as easy cutting back on screen time, waking up a few minutes earlier, or taking a needed break during the workday.

Could an hour a week really make a difference in the way you feel? Yes, when you use that hour to be active. That's according to a recent study which found that even a little exercise can improve your mood and help prevent depression.



### MORE

25 health benefits of physical activity  
<http://tinyurl.com/y8taciwy>

In the study, researchers tracked 33,908 people for 11 years.<sup>4</sup> They looked at exercise habits and the number of people who developed depression.

People who were active an hour a week or more were 44 percent less likely to develop depression.

“The key finding from this study is that doing even a small amount of regular exercise seems to protect adults against future depression,” says lead researcher Dr. Samuel Harvey.

If you're already getting 30 to 60 minutes of physical activity a day, keep it up.

But if you're not, start small with just a few minutes a day. Go for a walk. Take the stairs. Ride a bike. Pick an activity you enjoy, and get going.

It's a great way to beat the blues, improve your health, and prevent depression. @

## Feast on Fruits and Vegetables for the Holidays (continued from page 1)

Instead, feast on more fruits and vegetables. They're loaded with vitamins, nutrients, and antioxidants that protect your health.

### MORE

Prioritize plants for healthy holiday cooking  
<http://tinyurl.com/y77ao6be>

They're low in calories. And they taste great in recipes like squash casserole and cranberry bread. @

## References

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2. U.S. Department of Health and Human Services. (2017). November: American Diabetes Month. *Office of Disease Prevention and Health Promotion*. <https://healthfinder.gov/NHO/NovemberToolkit.aspx>.
3. Gambino, M. (2011, November). What was on the menu at the first Thanksgiving? *Smithsonian*. <http://tinyurl.com/y7ceqqbf>.
4. Harvey, S., et al. (2017). Exercise and the prevention of depression: Results of the HUNT cohort study. *American Journal of Psychiatry*. <https://doi.org/10.1176/appi.ajp.2017.16111223>.
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## Take the November Health Challenge!

Stay Well: Practice healthy habits to avoid getting sick

## Ask the Wellness Doctor:

This Dr. Joe Raphael answers the question:

What one lifestyle habit has the biggest impact on health?

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