



THE Y AXIS



Are You a NEAT Freak?

Add this term to your vocabulary... *non-exercise activity thermogenesis.*

Definition

It's a fancy-pants term scholars types use to describe metabolism when you're not moving around much. That's right, there's a medical term for sitting around doing next to nothing.



Its acronym is NEAT.

NEAT-ness Counts

NEAT activities like sleeping, driving a car, or sitting at your desk are an everyday part of life. But spend too much time being NEAT, and you'll likely pack on the pounds and raise your risk for health problems.

If you're sedentary most of your waking hours, you might be a NEAT freak. And that's not a good thing. Say goodbye to NEAT-ness and be more active.

COMMENTS?

Send comments to the editor: evan.jensen@wellsources.com

Top 5 Reasons to Eat Breakfast

When you're in a rush to get to work, send your kids off to school, or beat the clock on a busy morning, skipping breakfast might be the norm. About 30 percent of adults in the United States don't eat breakfast. But there's ample evidence to suggest it really is the most important meal of the day. Eating breakfast can help you:

1. Maintain a Healthy Weight

You're 4.5 times more likely to be obese if you skip breakfast, one study found.

2. Prevent Diabetes

If you want to prevent diabetes, eat a healthy breakfast. The American Heart Association found that breakfast eaters have better blood sugar levels than those who don't eat breakfast.

What's for breakfast?

- Oats – cooked or raw
- Whole-grain waffles, pancakes, or toast
- Whole-grain cereal
- Yogurt (low-sugar, low-fat)
- Fruit (e.g., apple, grapefruit, banana)
- Veggie omelet made with egg whites or egg-substitute
- Fruit smoothie
- Nuts

MORE

Quick & healthy breakfast ideas tinyurl.com/ndos5fc

3. Have More Energy

Rush out the door with an empty tank, and you can't survive on last night's dinner forever. Fill-up with a high-fiber breakfast, and you'll have more energy, according to one study.

4. Control Cholesterol

Need to lower your cholesterol? Eat steel-cut oats and other whole-grains for breakfast. An American Journal of Clinical Nutrition study found that breakfast skippers have higher levels of bad cholesterol.

5. Think Better

You can't expect your brain to be at its best when it's low on fuel or overloaded with calories from a three-doughnut breakfast. One study found that breakfast eaters remember more and think better than those who don't start the day with a morning meal. But it has to be healthy. People who ate a high-calorie breakfast had trouble concentrating.

American Journal of Epidemiology.

American Heart Association.

Journal of Adolescent Health.

American Journal of Clinical Nutrition. @

Age is Just a Number... Fit for Life!

When Dr. Charles Eugster retired from dentistry, he wanted to maintain his health and be more active. But a casual walk in the park wasn't what he had in mind. He started running, lifting weights, and eating healthier.

Last month he crushed the 200-meter world record for his age by nearly three seconds. At 95 years old, he ran the distance in 55.48 seconds. That's half a lap around a typical track in under a minute!



"Exercise is both a preventive measure and a treatment," says Charles. "The success rate of exercise therapy for a number of conditions is well over 40 percent."

It's never too late to start

Research used to develop the Physical Activity Guidelines for Americans shows that regular exercise can:

- ▶ Help you live longer
- ▶ Lower your risk for heart disease and high blood pressure
- ▶ Prevent certain types of cancer

MORE

Watch 95-year-old Charles Eugster set a world record tinyurl.com/mu7lzkw

Photo credit: Charlesugster.net



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. 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 soymilk
- 1 C fat-free parmesan cheese
- 1 t basil
- ½ t garlic powder
- 2 T cornstarch
- pepper to taste (optional)

Directions

1. Heat milk over medium heat. Then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 T of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

Makes 4 servings with 349 calories each.

U.S. Department of Agriculture.



Avoid Fried Foods to Protect Your Heart

“Do you want fries with that?” The healthy answer is no. But the average American eats 29 pounds of French fries a year. They’re loaded with fat, sodium, and empty calories. Other fried foods like onion rings, doughnuts, chicken, and fish, aren’t any better.

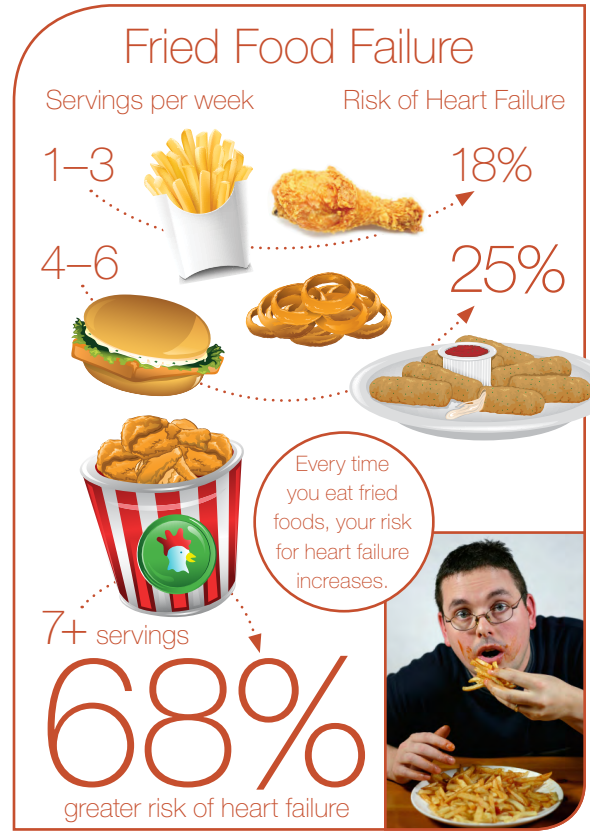
Fried Food Study

In fact, the more fried food you eat, the greater your risk for heart failure. A recent Harvard study followed 15,300 people for 13 years. They compared fried food consumption with cases of heart failure.

They found that even a little fried food (1 to 3 times a week) raises the risk of heart failure by 18 percent. Shovel in seven or more servings of fried food a week and the risk of heart failure goes up to 68 percent.

“The bottom line is, eating fried foods once in a while is fine,” says researcher Samantha Heller, “But not on a daily or even weekly basis.”

*American Heart Association.
Harvard Medical School.
Centers for Disease Control and Prevention. @*

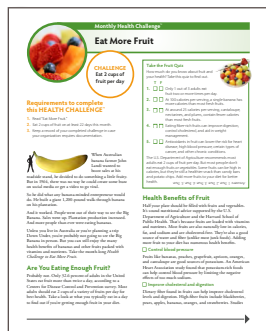


Fit For Life (continued from page 1)

- ▶ Control blood sugar levels and prevent diabetes
- ▶ Strengthen your bones
- ▶ Improve your mood
- ▶ Prevent age-related memory problems
- ▶ Aid in weight management
- ▶ Help you sleep better

If you want to improve your health, lower your

risk for disease, and live longer as you age, make regular exercise and healthy eating a priority. “Life doesn’t have to finish after retirement,” says Charles. “Start now, and you’ll not only add years to your life, but also life to your years.”
*Harvard School of Public Health.
U.S. Department of Health and Human Services.
British Masters Indoor Championships. @*



Take the March Health Challenge!

Eat More Fruit: Eat 2 cups of fruit per day.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What can I do to sleep better?