



Four Things You Can Do to Live Longer

When Georgia resident Sam “Sonny” Bryant Jr. was 44 years old, he decided to give weight lifting a try. He was looking for a way to get in

shape and reduce stress. It took some time to build strength and learn to perform the exercises correctly, but he stuck with it.

After about a year, a friend challenged him to enter a fitness competition, and he ended up bringing home a trophy. Twenty-six years later, Sonny, age 70, still exercises every day and hopes he can inspire others to be healthy.

“People have the misconception that age makes you old,” says Sonny, who still works the graveyard shift as a forklift driver. “I realized that it’s a state of mind that makes you old...I just want people to recognize me for what I am, what I’m doing, and realize that it can be done.”

If you want to live a long and healthy life, you don’t have to take up weight lifting, but regular exercise is one of the four essential ingredients for healthy aging. In a study at Cambridge University, researchers found these four health behaviors linked to longevity:

1. Eating at least 5 servings of fruits and vegetables per day.
2. Getting regular physical activity.

3. Not smoking.
4. Not drinking heavily.

People who practiced these four basic principles cut their risk of dying early by 25 percent. They also lowered their “health age” by 14 years compared to people who were not as healthy. And they’re principles Sonny lives by.

“Honestly, I don’t feel like I’ve aged since I was 44,” says Sonny. “I don’t feel any different.”

PLOS Medicine.
Cambridge University.
The Augusta Chronicle.



Watch the video:
Fit and healthy at 70
tinyurl.com/pmywog4

Help for Seasonal Allergies

Ah-choo! If you have seasonal allergies, it’s that time of year when your days and nights can be filled with sneezing, watery eyes, congestion, and an itchy throat. Seasonal allergies affect about 1 in 10 Americans, according to the National Institute of Allergy and Infectious Disease. If you have seasonal allergies, you know pollen from flowers and flowering trees, grasses, shrubs, and weeds can make you feel miserable. Over-the-counter and prescription medications can help. Reducing your exposure to pollen can also minimize the sniffles and sneezes that come with seasonal allergies. If you are troubled by allergies at this time of year, try these tips to find relief:

Stay inside when it’s windy or when the

pollen count or humidity is high in your area.

Avoid rubbing your eyes, and wash your hands frequently to remove any pollen that might be on your hands from being outdoors.

Wear sunglasses outdoors to reduce the amount of pollen that gets in your eyes.

Change your clothes after being outside and shower to remove pollen from your skin and hair.

Keep your windows closed, and use an air conditioner in your house and in your car. This keeps pollen from circulating in the air you’re breathing.

Hire someone to mow your lawn and do your yard work to limit your exposure to pollen.

If you’re still stuffy and congested after trying these preventive measures to control seasonal allergies, check with

your doctor for other treatment options that can provide relief.

American Academy of Allergy, Asthma, and Immunology.
National Institute of Allergy and Infectious Disease.



Check the pollen count in your area:
www.pollen.com



Gulp! The Darkside of Diet Soda



That zero-calorie label on the can of diet soda you’re drinking means it’s kind of like drinking water, right? You can still enjoy the carbonated fizz and flavor of your favorite soft drinks, but without the added sugar and calories. That’s what a lot of people think. But it’s really not any better than drinking the real deal. In fact, diet soda may even be worse for your waistline, according to a study published in the *American Journal of Public Health*.

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Whole-Grain Cereal Improves Heart Health

If your heart isn't strong enough to pump all the blood and oxygen your body needs to function, you have heart failure. It's a condition that an estimated 5.1 million people in the United States are living with. There is treatment – but no cure – for heart failure. The best option is prevention, and it starts with eating a healthy breakfast.

A 20-year study published in the *Archives of Internal Medicine* found that people who ate whole-grain breakfast cereal 7 days a week lowered their risk for heart failure by 29 percent. If you want your heart to be healthy for a long time, eat whole-grain cereal for breakfast. And aim to eat at least 3 to 4 servings of whole grains daily.



When you're shopping for whole-grain cereal make sure the first ingredient is a whole grain. Also look for options that contain at least 5 grams of dietary fiber per serving. Fiber protects your heart by lowering LDL "bad" cholesterol, controlling blood

pressure, reducing your risk for diabetes, and aiding in weight management.

Examples of good whole-grain breakfast cereals include: shredded wheat, low-fat granola, and bran flakes. Cooked cereals like steel-cut oats and quinoa are also excellent whole-grain breakfast options.

Archives of Internal Medicine.
Whole Grains Council.
Centers for Disease Control and Prevention.

Try these healthy whole-grain breakfast cereals
tinyurl.com/mrooxl6

The Darkside of Soda

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Researchers looked at Body Mass Index data for overweight and obese people and their soda consumption. They found that the average adult drinks about 53 gallons of soda a year. They also found that BMI was higher for diet soda drinkers than regular soda drinkers. Researchers believe artificial sweeteners used in diet soda make the brain crave sugary foods and interfere with appetite control.

In other words, drinking diet soda may be sabotaging your efforts to lose weight or maintain a healthy weight. If you do drink diet soda, pay attention to the calories you're eating from food. Diet soda drinkers in the study craved high-calorie, sugary snacks.

The better option...drink more water. It contains zero calories without the artificial sweeteners in diet soda that can make you crave junk food.

American Journal of Public Health.
National Health and Nutrition Examination Survey.
University of Texas Health Science Center.

Infographic:
Are diet sodas better?
tinyurl.com/ods9gcm

The Danger of Texting While Driving



Having a smartphone does not make you smart. That's pretty obvious when an estimated 1.3 million car accidents a year involve someone using a mobile phone, according to the National Highway Traffic Safety Administration.

Drivers spend at least five seconds at a time texting and looking away from the road, according to a recent study published in *The Journal of Human Factors and Ergonomic Society*. At highway speeds, you could travel the length of a football field in five seconds. Researchers also found that using a cell phone while driving delays your reaction time as much as driving drunk. You're 23 times more likely to get in an accident while texting than doing what you should be doing...driving with both hands

Driving while "intoxicated"
tinyurl.com/8f4rb53

on the wheel.

If you're guilty of texting while driving, resist the urge. Pull over to respond. Use a phone or mobile app that prevents you from sending or receiving text messages while driving.

Hand your phone to a passenger in the car to send a text message.

Or just turn off your phone and focus on driving.

The Journal of Human Factors and Ergonomic Society.
National Highway Traffic Safety Administration.

Virginia Tech Transportation Institute.

ASK THE WELLNESS DOCTOR

Q: How much sodium do I need in my diet?

A: Go to www.wellsources.com/ask-sodium.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: evan@wellsources.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge: "Back to Basics" available at: www.wellsources.com/wn/hc-back-to-basics.pdf

Protect and strengthen your back.