



THE Y AXIS



Are You S.A.D.?

Give your diet a little love.

What's on your plate today? If your food choices look anything like the Standard American Diet, it's pretty S.A.D.



About 88% of adults don't eat enough fruit, and 90% don't eat enough vegetables.⁴

So what are people eating? Pizza, burgers, fries, desserts, processed foods, and too much alcohol.

FYI...Nearly the entire U.S. population consumes a diet that is not on par with recommendations.

Give your diet a little love with more fruits, vegetables, whole grains, and less meat, and you'll feel better.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

Fit for Life: Top 5 Ways to Get in Shape in 2022

Improve your health in just 30+ minutes a day

Set a goal to get in shape this year? How's it going? Just 30 to 60 minutes a day will help you manage your weight and build muscle.

Exercise will also improve your health and quality of life. If you're not sure where to start, pick one of these activities.

The top 5 fitness trends in 2022, include:¹

- 1. Wearable tech:** Use a smart watch, fitness tracker or mobile app to get healthy. Track steps, heart rate, calories, workouts, and sleep time. And set goals to keep improving.
- 2. Home gyms.** The global pandemic shut down gyms for a while and forced more people to workout at home. Got an exercise bike or treadmill at home? Use it. Build muscle at home with weights or an exercise machine.
- 3. Outdoor exercise.** Another positive effect of COVID...more people are spending time

outdoors. Go for a walk, jog, hike or run. Ride a bike, ski, paddle, or even skateboard.

4. Strength training. Hit the gym to lift weights (barbells, dumbbells, kettlebells, medicine balls, or machines). Or use bodyweight exercises to get stronger: push-ups, crunches, squats, lunges, burpees, and more.

5. Lifestyle programs. Need to lose weight? Forget about fad diets, weight-loss pills, and gimmicky supplements. Make exercise a priority. Eat healthy foods. Limit junk calories from sugar and sweets. And you'll tip the scale in the right direction.

If you're struggling to hang on to New Year's resolutions to be healthier, you're not alone. Recommit to your goal every day and keep trying...one workout at a time.

MORE

7 easy ways to be more active
<https://tinyurl.com/ynp2ys6r>

How to Beat High Blood Pressure Like a Super Bowl Pro

Diet and lifestyle habits can make a difference



When the top two teams in the National Football League kick off Super Bowl LVI in California on Feb. 13, one long-time football legend will be watching.

Joe Montana. During his career as an NFL quarterback, he won four Super Bowls. He held the record for the most Super Bowl passes without an interception for decades. And he's been recognized in the Pro Football Hall of Fame.

Take a look at his winning record, and it's clear Montana doesn't like to lose. So when he developed high blood pressure after taking his

helmet off to retire, he needed a game plan to beat it.

Blood pressure on the rise

If your blood pressure is under 120/80, keep it that way. But if it's higher than that, you need a game plan just like Montana. Nearly half of all adults in the U.S. have elevated or high blood pressure.²

Left unchecked, it can damage your heart and arteries. High blood pressure also raises your risk for a stroke, loss of vision, trouble sleeping, and other health problems.

Pick these plays to control blood pressure

When Montana found out his blood pressure was high, he picked a couple of key plays to control it:

- He ate more fruits and vegetables (and less red meat and fried foods).