



THE Y AXIS



Are You 'Waisting' Away?

When you go shopping for a new pair of pants you need to know your waist size.



But wrap a tape measure around your middle, and it can tell you more than that.

Like what? The truth about your health...

Here's what a healthy waist size looks like:⁵

Women < 35-inch waist size
Men < 40-inch waist size

If your waist size is bigger than this, you might be 'waisting' away. It's a risk factor for diabetes, heart disease, high blood pressure, and obesity.

Got a few pounds to lose? Improve your diet. Drink more water. Be more active. Live longer.

COMMENTS?

Send comments to the editor:

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The Avocado Advantage: The 2X Tip to Prevent Heart Disease

Healthy fats in avocados good for your heart

Want some guacamole? You need to ask California resident Vin Bennett for her recipe. Why? Her guac made with avocados includes a flavor twist of bacon that turned 80,000 AvoFest visitors into raving fans.

Fun avocado facts...

- The avocado is California's state fruit? Yes, it's a fruit.
- Americans eat an estimated 6.25 billion avocados a year (that's a lot of guac).
- There's archeological evidence the avocado has been around for more than 7,000 years, beginning in Peru.
- Some people even eat mashed avocados with ice cream. Yum!

Eat avocados for heart health

Did you know avocados can help prevent heart disease? Researchers tracked 110,000 people

for 30 years and compared heart disease with avocado consumption.¹ Here's what they found:

- **The 2X Tip.** Eating just TWO servings of avocados a week (a serving is about 1/3 of an avocado) may cut the risk for heart disease by up to 21 percent.
- **The Avocado Advantage.** Replacing half a serving daily of margarine, butter, egg, yogurt, cheese, and processed meat with avocado lowered heart disease risk by up to 22 percent.

4 easy ways to eat more avocados

Want to add more avocados to keep your heart healthy?

- Spread avocado on whole-grain toast.
- Try veggie dip made with avocado.
- Add avocado to a salad or sandwich, or...
- Make your own guacamole.

MORE

Try the winning AvoFest guacamole recipe <https://avofest.com/>

How to Get Fit Without Going to the Gym

Stay in shape with bodyweight 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:

- **Cardio.** 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.

Here are two simple ways to be more active right now...

Get outside. You can step outside right now and go for a walk, jog, or bike ride.

Do bodyweight exercises. You can replace the gym with exercises using your own body weight like:

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

4 health benefits of body weight exercise

The American College of Sports Medicine ranked bodyweight exercises as one of the top 10 fitness trends in 2022.²

