



THE Y AXIS



Do This 4 Hours After Learning Something New...

You've just finished reading the user manual for your computer. You've wrapped up another lesson learning to speak a foreign language. Or you've spent a chunk of time studying for a test.



Will it stick? Tomorrow will you remember what you learned?

It's no secret that repetition will help. But it's not the only way to add things to your memory bank, according to a recent study.⁴

Four hours after you learn something new, exercise for at least 30 minutes.

When you do this, you're more likely to store the new info in your brain's long-term memory.

COMMENTS?

Send comments to the editor:

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5 Sweet Health Benefits of Eating Watermelon

Eat this low-calorie fruit to improve your health

Did you know July is National Watermelon Month?

The annual celebration at the California Watermelon Festival always gets a little juicy.

Try watermelon skiing. Carve out two watermelons into a make-shift shoes. Sink your feet into the sweet insides, and hold on. Your friends will pull you along with a rope while you ski down a juicy watermelon path.

And when you're done, there's more...43,000 pounds more. That's how much watermelon people eat at the annual festival.

You may not be heading to the Golden State mid-summer, but you can still celebrate National Watermelon Month. It's easy.

Eat watermelon.

- This sweet, low-calorie fruit is great as a stand-alone snack.
- It tastes great as a frozen treat.

- And it pairs well with summer, salads, smoothies, and other healthy sides.

5 sweet & juicy health benefits of watermelon

In the middle of summer, watermelon is a perfect way to get your fruit fix, and it's healthy. In one recent study, researchers found that eating 2 cups of watermelon per day helped:¹

- Support weight loss
- Reduce Body Mass Index
- Lower blood pressure
- Decrease waist size
- Reduce hunger

There's only about 50 calories in one cup of watermelon.

It's sweet, but only contains a small amount of natural sugar.

And if you need a little help staying hydrated on a hot summer day, eat this fruit. Watermelon is about 92 percent water. No wonder watermelon skiing is a thing.

MORE

How to pick a good watermelon
<https://tinyurl.com/msjx2e5s>

Spice Up Your Meals to Improve Heart Health

Study: Spicy seasonings help control triglycerides

Does that meal taste a little bland? If you instinctively reach for the salt shaker, you're not alone.

The average adult consumes about three pounds of salt a year. Processed foods are high in sodium. And there's probably a salt shaker within reach wherever you eat.

But salt isn't the only way to make food taste good. There's a better way.

Instead of adding more salt, use spices to add a little flavor to your favorite foods. Try:

- Cumin
- Rosemary
- Ginger
- Turmeric
- Oregano

Enjoy the spice of life

A recent study found that using spices can help lower triglycerides, or fat in the blood.²

A high level of triglycerides can increase your risk for heart disease.

In the study, people who ate meals seasoned with spices lowered their triglyceride levels by

