



THE Y AXIS



The Dreamy Way to Curb Junk Food Cravings

Got a sweet tooth that lures



you to cookies, candy and ice cream? It might be your way of dealing with stress. But using food to beat stress isn't a winning strategy.

So how can you curb your cravings? Get a good night's sleep.

Research shows that 7 to 8 hours of sleep is a good recipe for healthy eating. Sleep helps decrease hunger and curb cravings for sweet and salty food.⁴

Sleep also helps reduce stress and improve mood. And those are ingredients that will help you make better food choices.

COMMENTS?

Send comments to the editor:

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Prison Break: The Curious Way to Stop a Heart Attack

Learn to recognize the warning signs of a heart attack

When eight inmates in a Texas prison started shouting, it looked like a prison break.

Shackled together, they broke down the door to their holding cell. Then they rushed the prison guard, making as much noise as possible.

One minute their prison guard was talking and joking. The next minute, he fell over. The inmates knew something was wrong. He was having a heart attack.

Prison officials rushed in. They performed CPR on the guard and shocked his heart to start beating again. And the inmates helped save his life.

Do you know the warning signs of a heart attack?

Every 40 seconds someone in the United States has a heart attack. When someone has a heart attack, getting treated as soon as possible can be the difference between life or death.

The most common warning signs of a heart attack include:²

- **Chest pain or discomfort**, usually in the center or left side of the chest.
- **Upper body discomfort**. Some people have pain in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach.
- **Shortness of breath**, even without being physically active. It often comes on suddenly, and can happen with or without pain or discomfort.
- **Sweating, nausea, or lightheadedness**. These can happen with or without chest pain or pressure.

If you or someone else shows warning signs of a heart attack, call 9-1-1. It's the best way to get help, get to a hospital, and survive a heart attack.

MORE

Heart attack? Here's what to do <https://tinyurl.com/5f2z4zum>

Fit for Life: Find an Activity You Enjoy to Stay Fit

Be active for 20-30 minutes per day

It makes sense that Neal Unger lives in California. It's the birthplace of skateboarding. And he loves to ride...on the sidewalk, the street, and local skate parks. He's got the skills to land a long list of tricks, cut corners, and go fast.

He's even invented a couple of tricks of his own, like the Sissy Bounce Finger Flip. The dude is serious about staying active on his skateboard. It's his form of exercise. And it's also how he keeps his balance – both body and mind. He meditates as he strengthens his core on four wheels.

Unger may not fit your idea of the typical skateboarder. Watch him skate and one of the first things you'll notice is his gray hair. Unger is 65 years old.



“One of the main reasons why I wanted to skate was to show people that it's possible,” says Unger. “It's possible to be strong. It's possible to be in good condition. I just want to continue to see how healthy can I get, and how young can I get? How old can I look, and yet still act young?”