



THE Y AXIS



## Muscle Makes You Smarter

It's no secret that body-builders and athletes lift weights. It helps build muscle and strength.



But if you're not planning to make a living from flexing your biceps or chasing world records, should you even bother with strength training?

Yes. Building muscle makes you smarter, too.

In a recent study, researchers found that strength training at least two days a week can improve memory, thinking, decision-making, and reaction times.<sup>4</sup>

So go ahead. Lift weights. Do some push-ups. Take a strength training class. You'll get stronger and smarter.

### COMMENTS?

Send comments to the editor:

[evan@thehealthycopywriter.com](mailto:evan@thehealthycopywriter.com)

## Increase THIS to Lower the Risk for COVID-19

### Study: Sleep protects against coronavirus

Work late. Hang out with friends. Tackle a homework project with a kid well past midnight. Kick off your shoes after a long day and watch late-night TV. Or stay up late to click, swipe, and tap your mobile device. Been there, done that?

There are millions of reasons (and excuses) why you skimp on sleep. But research suggests poor sleep habits raise your risk for contracting COVID-19.<sup>1</sup>

The good news: Every 1-hour increase in sleep lowers the risk for becoming infected with COVID-19, according to the study.

- Are you having trouble sleeping?
- Do you wake up frequently?
- Are you feeling tired, stressed, or burned out?
- Or are you choosing to skimp on sleep for work, entertainment, or something else?

You might think burning the midnight oil is fine with a morning latte, energy drink, or caffeine pill. But if you do, you're fooling yourself. If you're chronically sleep deprived, you're at risk for getting sick and contracting COVID-19.

"...Lack of sleep and sleep disorders may adversely influence the immune system..." says lead researcher Hyunju Kim. "We found that lack of sleep at night, severe sleep problems and high level of burnout may be risk factors for COVID-19..."

**How much sleep do you need?** Aim for 7 to 9 hours of sleep per night. You'll feel better. You'll be more rested. And you'll help protect yourself from the coronavirus.

### MORE

Sleep habits to protect your health <https://tinyurl.com/f9wz2ctb>

## Rethink Your Drink: Daily Soda Habit Raises Diabetes Risk

### Improve your mood + improve your health

*Pop...fizz...abbb.* Pop open a can of soda and twist off the cap. Fill up a cup at the fountain. It might sound and taste satisfying, but maybe it's time to rethink your drink.

### DID YOU KNOW...

- The average adult drinks about 53 gallons of soda a year
- The original fast-food drink size was about 8 ounces, now it's 32 ounces.
- A regular 32-ounce soda contains about 300 calories and 100 grams of sugar
- The American Heart Association recommends no more than 24 grams of sugar per day for women and 36 grams of sugar per day for men.

These are just a couple reasons health experts predict 1 in 3 adults could have diabetes by 2050. And that's a problem. Left unchecked, diabetes can lead to...

- Nerve damage
- Poor circulation
- Vision loss
- Kidney disease
- Heart disease
- Amputations
- And other health problems

