



THE Y AXIS



Blowing Smoke?



Is vaping better than smoking?

You know... instead of sucking on a cigarette, vapers huff a nicotine-charged device and exhale a white cloud of chemicals.

Stop blowing smoke. If you're trying to quit tobacco and cigarettes, vaping isn't the answer.

In a recent study, smokers who switched to vape were 8.5 times more likely to go back to cigarettes within a year, compared to people who quit using other methods⁴

If you want to quit smoking, you need a plan and support. Medication and behavior change therapy can help, too.

And *NOW* is always the best time to start.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

5 Jolly-Good Ways to Prevent Holiday Weight Gain

Prevent holiday weight gain with healthy lifestyle choices

Did you know the average adult gains one to two pounds during the holidays from overeating, stress, and lack of exercise?

That may not seem like much, but it adds up from year to year. You can still enjoy the holidays, but you need a plan to stay healthy. Here are 5 things you can do:

1. Step on the scale...Every Day!

In a recent study, researchers tracked changes in weight for a group of people from November through January.¹

Those who weighed in every day either lost weight or maintained their weight. Those who skipped the scale gained weight. It's a simple way to remind yourself to make healthy choices.

2. Focus on fruits and vegetables

At meal time, half your plate should include fruits and vegetables.

3. Take it easy on the treats

In just a few minutes, you could eat 1,000+ empty calories (think eggnog, fudge, cookies) and be well on your way to gaining weight.

4. Eat healthy snacks...

Try sliced vegetables with hummus, an apple, Greek yogurt, or a handful of nuts.

5. Walk it off

Make time to exercise during the holidays. Aim for 30 to 60 minutes a day of moderate physical activity. Do your best to maintain your exercise habits throughout the holidays.

Give yourself the gift of good health by making a plan to eat healthy and exercise regularly during the holidays.

MORE

Harvard's healthy holiday habits
<https://tinyurl.com/b47xscyp>

8 Simple Ways to Eat Less Sodium

High-sodium diet doubles risk for heart failure

Imagine filling a teaspoon with salt and eating it. Your tongue and your brain would deliver an instant message: "Yuck! Too salty!"

And you would reach for the nearest glass of water to wash out your mouth.

Sounds gross to eat that much salt at once, right? The truth...most people eat nearly twice that amount of salt every day.

- **That's more than double** the amount of sodium than recommended (less than 1,500 mg per day) to keep the heart healthy.
- **A typical fast-food meal** like a burger and fries contains 1,400+ mg of sodium.
- **Many microwave meals** and canned soups contain more than 1,000 mg in a single serving.

- **Packaged and processed** snacks, sauces, dressings, meats, soups and chips are also high in sodium.



The trouble with high-sodium habits

New research by the European Society of Cardiology suggests that a high-sodium diet doubles the risk for heart failure.² Too much sodium also raises the risk for:

- High blood pressure
- Stroke
- Kidney disease
- Poor bone health