



THE Y AXIS



## Drink Diet?

### The Food Police Are Coming for You

Put down that diet soda. Step away from the plastic screw-top bottle, the fountain machine, or the pull-tab can.

Do it...now!

If stores and quickie-marts are ever patrolled by the food police, this just might happen.

Why? New research suggests that drinking diet soda, more than two per day, is bad for your brain and your heart.<sup>1</sup>



In a 12-year study, researchers tracked older

women who drank diet soda. Those who drank the most were 20 to 30 percent more likely to have a stroke or heart attack.

Drop diet soda. Drink water.

### COMMENTS?

Send comments to the editor: [well@wellsources.com](mailto:well@wellsources.com)

## Eat This for Breakfast to Curb Hunger, Improve Health

What's for breakfast? Put this on your morning menu instead of cold cereal

What's for breakfast? If you reach for a donut, grab fast food, or think you're better off eating cold cereal, often coated in sugar, think again. Donuts and fast food are high in calories. And cold cereal won't hold you over for long, according to a recent study.<sup>2</sup>

How to curb morning cravings

So what should you eat to curb hunger long enough to avoid a mid-morning candy bar?

Oatmeal. In the study, people ate oatmeal one day for breakfast. On another day, they ate cold cereal for breakfast. After each breakfast, researchers monitored them for hunger.

Here's what they found: Eating oatmeal helped people control appetite and feel fuller longer than cold cereal. But that's not the only benefit of eating oatmeal.

It's a high-fiber food that helps:

- Improve digestion
- Control blood sugar levels
- Aid in weight management
- Support bone and skin health
- Improve cholesterol
- Lower blood pressure
- Improve heart health

Put oatmeal on your breakfast menu. You'll feel fuller longer, and be healthier.

### MORE

Discover the health benefits of oats [tinyurl.com/y2wbv6n8](https://tinyurl.com/y2wbv6n8)



## Drop and Give Me 20: Pushup Power Improves Health

Work on building strength at least two days a week

“Drop and give me 20!” If the thought of that makes you start to sweat, it's time to work on getting a little stronger. Building strength is good for your bones and muscles. And the number of pushups you can do is one way to measure overall health.



Research shows that doing pushups at any age improves overall health. They build lean muscle tissue, and strengthen your bones. Pushups can also help you lose weight, lower blood pressure, and reduce the risk for heart disease.<sup>3</sup>

So, how many pushups can you do?

Probably not more than Charles Servizio. In 1993, at the age of 42, Charles set the world record for cranking out the most pushups in 24 hours. How many? Try 46,001. But you don't have to turn pushups into an extreme sport to benefit from the exercise.

### MORE

See how to perform a pushup [tinyurl.com/7c88l82](https://tinyurl.com/7c88l82)

If you're a male in your 40s and you can do at least 17 pushups, you're in very good shape. Women in that age range are in very good shape if they can do 15 pushups on the knees. People in their 20s should be able to do at least 29 (men) or 21 (women).<sup>4</sup>

If you can't do that many, set a goal to improve the number of pushups you can do without stopping.