



RECIPE

Spicy Black Bean Cilantro Dip

Here's a tasty way to enjoy fresh veggies like carrots, celery, bell peppers, and broccoli. Or maybe even low-calorie crackers or chips. It only takes about 10 minutes to prepare. Make your own Spicy Black Bean Cilantro Dip.⁶

Ingredients

- 15-ounce can black beans, drained and rinsed
- 1 garlic clove
- 1 tsp lemon juice
- ¼ C cilantro
- 2 T olive oil
- ¼ C water
- ½ small jalapeño pepper (optional), ribs and seeds removed

Directions

- Place beans, garlic, lemon juice, cilantro, olive oil, water, and jalapeño (if desired) into a food processor or blender.
- Process or blend. Stop to scrape down the sides. Continue until smooth, about 5 minutes.
- No processor or blender? Mash beans and cilantro with a potato masher. Stir in the rest of the ingredients.

Serves 2-4.
140 calories per 2 T serving.

The Short Plan to Keep Your Brain Healthy

Short bouts of exercise improve memory and learning

Run 100 meters. It's just a quarter-of the way around a track. And it's where U.S.-athlete Noah Lyles plans to shine during the 2020 Tokyo Olympics next summer.

He'll aim to run the distance in under 9.58 seconds, chasing the world record held by retired track star Usain Bolt.

You may not be as fast as Lyles or Bolt. But you can learn a little something from short bursts of exercise. New research shows it excites an area of the brain that helps improve memory and learning.⁴

That's an important finding in Alzheimer's disease research.

It's estimated that 13.8 million adults will have the disease in 30 years. Today, it's the sixth leading cause of death in the U.S.

How much exercise do you need to keep your brain healthy?

For best health, aim for 30 to 60 minutes of physical activity a day. It's a smart way to strengthen your heart, lungs, and muscles, and manage your weight. And you don't have to do it all at once.

Even small bursts of exercise are good for your health and your brain. For example:

- Go for a two-mile walk.
- Join a game of pick-up basketball for a while.

Another study found that getting about 4,000 steps in a single exercise session was the sweet spot to activating memory and learning areas of the brain.⁵

Ready to be more active in short bursts? Get set. Go!



MORE

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Craving Sugar? This Night-Time Habit May Be the Reason (continued from page 1)

Here are some easy ways to unplug before bed:

- Turn off all digital devices an hour before bed
- Take a hot shower or bath
- Read a book
- Go for an easy walk

MORE

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- Create a cool, dark room for sleeping
- Go to sleep at the same time every night, including weekends
- Use apps, settings, and filters on digital devices to reduce blue light

For best health, aim for 7 to 8 hours of sleep a night, and unplug before going to bed. @

References

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Change Your Fitness Routine: Be physically active in a variety of ways

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

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