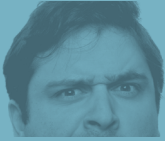




THE Y AXIS



The Fountain-Drink Fizzle

Like fountain drinks? Before gulping down your next biggie-sized drink, read this...

Researchers took 90 samples from fountain drink machines at 30 different restaurants.¹ They tested water and soda.

The results: 48 percent of the drinks had enough fecal matter (that's poop) and bacteria in them to make you sick.



Still thirsty for soda? Poor hand washing by customers and staff likely have a lot to do with it. Gross! Order bottled water next time.

COMMENTS?

Send comments to the editor: well@wellsources.com

Get Your Groove on for Better Health

Discover the health benefits of dancing

You've probably heard of former White House staffer Sean Spicer. Supermodel Christie Brinkley is no stranger to the fashion scene. And then there's NBA basketball star Lamar Odom.

What do the three of these celebrities have in common? No. They don't hang out during happy hour or send each other selfies. But they are going to move and groove this fall on *Dancing with the Stars*.

Even if you don't watch the show, you could bust out a few moves like the stars who step on stage. And it's not just the foxtrot, tango, or waltz. Any dancing is good for your health.

Go ahead, get your groove on the next time you hear a beat. Tango, and you'll burn an average of 200 calories an hour. Bust some hip-hop moves or Zumba, and you'll burn 500 calories an hour.

MORE

Discover the health benefits of dance
tinyurl.com/y6ru98g5

Research shows dancing can help:²

- Build muscle and stronger bones
- Reduce body fat and support weight loss
- Strengthen the heart and lungs
- Lower blood pressure
- Keep your brain healthy as you age
- Improve cholesterol levels
- Lower the risk for heart disease
- Reduce anxiety, stress, and depression
- Improve balance and mobility

Need a little exercise? Just dance. Aim for at least 30 minutes of exercise a day. Take a class. Watch a video and follow along. Or turn on some dance music and go free style. You'll feel better, burn a ton of calories, and be healthier. @

Fight High-Blood Pressure Zombie-Brain Drain

Chronic high blood pressure raises risk for dementia with age

What would you do if you knew a zombie attack was coming? Protect your head. Stock up on supplies. Prepare to defend yourself. Probably all three, right?

If you have high blood pressure, something might eat your brain if you don't do anything about it. But it won't be zombies.

If you're a middle-aged adult with high blood pressure, you're 49 percent more likely to develop dementia as you age.³ And that can lead to memory loss. It can also make it hard to get dressed, brush your teeth, or do other simple tasks of daily living.



The blood pressure and dementia connection

If your blood pressure is less than 120/80, risk for dementia as you age is lower. If it's higher than that, you may have elevated or high blood pressure. A lot of people do. About 1 in 3 adults in the U.S., in fact. And many don't even know it. (Kind of like being oblivious to a zombie attack.)

If you want to protect your brain as you age and lower your risk for dementia, keep your blood pressure in check. Less than 120/80 is ideal. If it's higher than that, healthy lifestyle habits and medicine can help.