



THE Y AXIS



The 10-Second Secret to Prevent Weight Gain

What if you could lose weight or prevent weight gain in just 10 seconds a day?

Sounds like a late-night infomercial. But wait...there's more.

Got holiday-weight gain on your mind? All you need is 10 seconds a day.



That's about how long it takes to step on a scale and weigh yourself. New research shows that a daily weigh-in can help you lose weight or maintain your weight.¹

Why? You're more likely to make better food choices and be more active when you see the scale.

COMMENTS?

Send comments to the editor: well@wellsources.com

Deck the Halls with Avocados

An avocado a day helps lower bad cholesterol levels

Setting out a Christmas Eve snack for Santa? It's no wonder the Jolly Old Elf is obese. There isn't enough holiday magic to turn a plate of cookies and glass of whole milk into health foods.

In fact, dairy products, animal fats, and foods made with butter and cream are high in saturated fat. Too much of them raises LDL (bad) cholesterol levels. Over time, this can block blood vessels and limit blood flow to the heart and brain. Bad cholesterol raises the risk for a heart attack or stroke.

What's a heart healthy holiday snack? It's good. It's green. And it contains healthy fats that help lower bad cholesterol. The answer: Deck the halls and your plate with avocados.

A recent study showed just how healthy avocados can be. Eating one a day for five weeks helped obese people lower bad cholesterol.² In the United States, about 72 percent of adults are overweight or obese.³

Healthy fats and antioxidants in avocados can also help:

- Prevent plaque build-up on artery walls
- Reduce the risk for heart attack or stroke
- Lower the risk for certain types of cancer
- Improve blood pressure
- Lower triglycerides
- Support brain function
- Control hunger and aid in weight management

MORE

Try these avocado recipes tinyurl.com/ajh3yav

Spread avocado on whole-grain toast. Try veggie dip made with avocado. Add avocado to a salad or sandwich. And leave a healthy snack for Santa: carrot sticks and guacamole. His reindeer will thank you. @

It's a Wonderful Workout: 5 Smart Ways to Be More Active

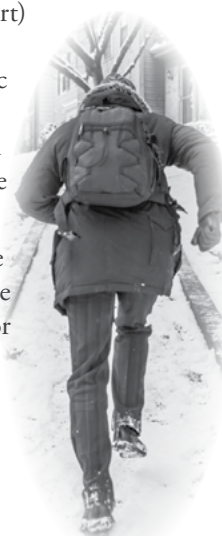
Improve your life with 30 minutes of exercise a day

George Bailey (played by Jimmy Stewart) thought his life was anything but wonderful. But by the end of the classic movie *It's a Wonderful Life*, he had a plan. He said: "I know what I'm gonna do tomorrow, and the next day, and the next year, and the year after that."

Here's one way to improve your life: Be active at least 30 minutes a day. Exercise does more than help you get in shape or lose a few pounds. It can also improve your mood, something Bailey needed.

'Now' is Always the Best Time

You might be thinking about starting a new fitness routine after the holidays. But why wait?



Here are five ideas for a wonderful workout:⁴

- 1. Go for a walk.** It's the easiest way to get started.
- 2. Use a fitness tracking device, smart watch, or mobile app.** Set a daily goal for steps, calories burned, heart rate, and more. Keep track. Try to improve a little each week.
- 3. Do high-intensity interval training (HIIT).** Raise your heart rate and burn more calories with short workouts. Try jumping jacks, burpees, and curl-ups. Perform an exercise for 1 minute. Rest 30 seconds. Then move on to the next exercise. Repeat.
- 4. Workout with a group.** You're more likely to exercise when you know others are counting on you. Take a group fitness class at the gym. Join a walking club. Or find a workout partner.