



THE Y AXIS



## Beware of the Baby Yoda Effect

Hooked on binge-watching *The Mandalorian* and Baby Yoda from Star Wars?

Just watch it at night. Sounds like a good idea, right? Not exactly.

A new study suggests that binge watching before bed can lead to sleep problems and fatigue.<sup>4</sup>

Research shows that binge watching keeps your brain active. If you're focused on what you saw, what happened, and the next episode, before bed, it can be hard to fall asleep.

If you are going to binge-watch, turn off all electronics at least an hour before bed. Or the Force may not be with you the next day.



### COMMENTS?

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

## Walk Away from Heart Disease in 30 Minutes

Daily walk improves heart health

Got 30 minutes to spare? Check your watch, calendar, or smartphone. You might think you're too busy to squeeze in a 30-minute appointment. But what if it could save your life?

About half of all adults in the United States have heart disease, according to the American Heart Association. It's the leading cause of death. Heart disease claims the lives of an estimated 647,000 people a year. But it doesn't have to be that way.

### MORE

Walking: Your steps to health  
<http://tinyurl.com/nnr4xhb>

Research shows that brisk walking for 30 minutes a day can lower your risk for heart disease.<sup>1</sup>

In a recent study, people were asked to do three things: walk 30 minutes a day, track daily steps, and attend a class on heart-healthy habits.

The results: Those 30 minutes a day were well spent, and helped lower risk factors for heart disease like high blood pressure, high cholesterol, and obesity.

So about your too-busy schedule? When there are 1,440 minutes in every day, 30 minutes isn't much. After all, how much time do you spend on social media, streaming movies, or watching TV? Chances are pretty good you can spare 30 minutes.

Get up and go for a walk. You'll be glad you did, and so will your heart. @

## Follow the Grocery Store Game Plan to Improve Your Diet

Plan ahead to shop for healthy meals & snacks

You head to the grocery store after work because you know the fridge and cupboards are bare. And then you realize you don't really have a game plan. Sound familiar?

Do you stock up on frozen meals, fried food from the deli, and dinner in a can? Or do you know what to buy for healthy, easy-to-make meals and snacks?

Your food choices can have a big impact on your health, your waistline, and your risk for chronic diseases. Here's how to shop smart:

"Make your meal healthier by using foods with lots of color from natural sources," says



cardiologist Dr. Susan Smyth.<sup>2</sup> "Start in the produce section with fresh fruits and veggies, which are high in vitamins and fiber and low in fat."

### Add these foods to your shopping list

- Fruits (e.g. apples, oranges, bananas, berries)

- Vegetables (e.g. spinach, broccoli, carrots)
- Low-fat dairy products (yogurt, milk, cottage cheese)
- Whole-grain foods (bread, cereal, pasta)
- Nuts (unsalted)
- Canned beans (low sodium)

### Get recipe ideas on the go

If you haven't had time to plan out a menu, you can still find healthy recipe ideas on the go. Ask if your grocery store has recipe ideas. (Many do.) Grab your smartphone and check grocery store websites for healthy recipes. Or visit [Nutrition.gov](http://Nutrition.gov) for more ways to make heart-healthy meals.