



THE Y AXIS



The Digital Diet to Boost Happiness

You're probably reading this on a screen right now.

Phone, tablet, computer?

What's your digital diet look like?

Maybe you're in front of a computer all day, check your phone often, or bingewatch shows after work.

New research suggests that as your screen time goes up, your happiness level goes down.⁴

In the study, happiness started to go down after just 1 hour of screen time. Maybe you can't cut your screen time down to an hour on a workday.



But on the weekend? Unplug. Relax. Reconnect face-to-face.

COMMENTS?

Send comments to the editor: well@wellsources.com

Follow the No-Dieting Plan to Manage Your Weight

Healthy habits more effective than crash diets

It's not a pill, drink, or program on late-night TV. And it doesn't involve surgery. So if you want to lose weight and keep it off, or maintain a healthy weight, what's the secret?

If you're hoping for a quick fix, you're not alone. About 45 millions adults in the U.S. try some fad diet every year. But losing a few pounds this way isn't a long-term solution.

So how do you tip the scale in the right direction and keep it that way?

In a recent study, researchers tracked the eating habits and weight of about 5,000 people for 10 years.¹ They found that people who skipped fad diets for eating healthier more often, were more likely to maintain a healthy weight.

MORE

10 behaviors for healthy weight loss
<https://tinyurl.com/y797z8gg>

If you want to keep your weight in check, skip fad diets, and adopt these 5 healthy habits:

- 1. Be active.** Aim for 30 to 60 minutes of moderate physical activity per day.
- 2. Eat healthy foods.** Eat more fruits, vegetables, whole grains, nuts, seeds, and legumes. Drink plenty of water. And eat less fried food, red meat, soda, desserts, and processed meals.
- 3. Get your Zzzs.** Aim for 7 to 8 hours of sleep per night.
- 4. Track your choices.** Weigh yourself at least once a week. Keep track of your food choices. And log your exercise minutes.
- 5. Be consistent.** It's probably the toughest recommendation to follow. But it works. People who eat healthy and exercise regularly, are the most successful at weight management. @

Back on Track: 6 Ways to Reduce Lower Back Pain

Sit less, move more to prevent lower back pain

If you've ever uttered the words, "Oh, my aching back," you're not alone. About 80 percent of all adults will experience back pain at some point.

It's the most common reason people miss work. It's the second-most common reason people visit the doctor, topped only by coughs and colds.

So what's the cause of back pain for most people? Too much sitting.

In a recent study, researchers found that people who sit for more than 7 hours a day are more likely to develop back pain.²



How many hours a day do you spend sitting in the car, at the office, on the couch, or at the table for meals?

Back to basics

Fortunately, most back pain isn't caused by serious conditions. That means you can take action to get relief. Here are some things you can do:

- 1. Take regular breaks** to stand up, stretch, and move around.
- 2. Wear comfortable shoes** with low heels.
- 3. Maintain a healthy weight,** or lose weight if you need to. Excess weight around the waistline can strain lower back muscles.