



THE Y AXIS



## Train Your Brain

Want to remember more?

You've just finished reading the user manual for your computer. You've wrapped up another lesson learning to speak a foreign language. Or you've spent a chunk of time studying for a test.

Will it stick? Tomorrow will you remember what you learned?

It's no secret that repetition will help. But it's not the only way to add things to your memory bank, according to a recent study.<sup>6</sup>

Four hours after you learn something new, exercise for at least 30 minutes.

When you do this, you're more likely to remember what you learned. Study. Exercise four hours later. Boom!



### COMMENTS?

Send comments to the editor:  
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## Stay Connected: Social Bonds Boost Health During Pandemic

Use technology to keep working, strengthen social ties

"Hey girl, let's hang out." "Text me." "Let's do lunch when all of this is over."

Chances are pretty good you're spending a lot more time at home, than at work or with friends. As COVID-19 spreads, more people are being asked to shelter in place and maintain social distance.

But that doesn't mean you're on your own. Email, smartphones, and social media, have made it easier

than ever to stay connected. Right now, is a great time to use those tools to stay in touch.<sup>1</sup>

Why? New research shows that strong social ties can be good for your health.<sup>2</sup>

A positive social network can also help reduce stress, boost happiness, and lower your risk for chronic diseases.

So how do you improve your social ties?

**MORE**

Tips to stay connected  
<https://tinyurl.com/slzybhu>

As long as COVID-19 is spreading, here are some ways to stay connected:

- **Make a call.** Talk to a co-worker, friend or family member.
- **Send a text message.** It's a fast and easy way to share info or check up on a friend.
- **Talk face-to-face by video.** Pick a software program, social media platform, or your phone to connect in person by video. It's good for work and social conversations.
- **Use old-school email.** Phone or video chat might be faster, but old-school email is still a good way to stay connected.
- **Maintain social distance.** If you do need to visit a friend or talk to a co-worker, keep your social distance and stay at least six feet away.

When stay-at-home orders are lifted, make the effort to stay connected in person, too.

You'll be happier and healthier.®

## Try This Fast Food for Better Health

Slip this healthy fruit into your diet

In the early 1900s, vaudeville performer "Sliding" Billy Watson saw a man on the street slip on a banana peel. The man twisted and turned. He flailed his arms. He tried to stay on his feet. But he couldn't.

Watson was thoroughly amused. Not long after that, he performed the banana-peel scene for his stage show. Long before the Internet, this comedy sketch went viral. And it still gets some laughs.

You don't want to slip on a banana peel. But go ahead and slip this

fruit into your diet. Bananas are good for your health.<sup>3</sup> One banana is a good source of fiber, potassium, magnesium, vitamin B6, vitamin C, and more.

Research shows bananas can help:

- Regulate blood pressure
- Support bone health
- Reduce the risk for a stroke
- Lower heart attack risk
- Improve digestion
- Support weight management, and more



Hungry for a fast and healthy snack?

Eat a banana. It's a delicious addition to cereal, yogurt, smoothies or a fruit salad. Mash some up and make muffins, or just have one for a snack.