



THE Y AXIS



## Pound Protection: Turn Out the Lights

Ever go to sleep with the TV on? Or maybe you crash on the bed with the lights on.

It might be a recipe for weight gain.

In a recent study, researchers compared weight and sleep with exposure to artificial light.<sup>4</sup>

The people who slept with the most artificial light gained 17% more weight (about 11 pounds) during the five-year study, than people who slept in the dark.

It's not the only factor linked to weight gain. But if you want a little pound protection, flip the switch when it's time for bed.



### COMMENTS?

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## 4 Ways to Prevent Pandemic Pounds

Keep your weight in check with healthy lifestyle habits

Stuck at home? If you're not an essential worker (healthcare, delivery, and food services), chances are pretty good you're not going out much during the global pandemic.

Most states have issued stay-at-home orders to help prevent the spread of COVID-19. It appears to be working. But it may also be tipping the scale in the wrong direction.

"As households stock up on shelf-stable foods, they appear to be purchasing ultra-processed, calorie-dense comfort foods," says Columbia University researcher Dr. Andrew Rundle.<sup>1</sup>

It's a recipe for weight gain and obesity for children and adults.

If you want to prevent packing on pandemic pounds, here are four simple things you can do.

**1. Be active.** Aim for 30 to 60 minutes of moderate activity per day. Most gyms are

closed, but you can still do something. Try exercises like push-ups, curl-ups, and jumping jacks. Take a walk. Play in the yard. Go for a bike ride. And keep your social distance.

**2. Eat a healthy diet.** It doesn't have to be hard. Eat more fruits, vegetables, whole grains, legumes, nuts, and seeds. Drink more water. And skip high-calorie snacks for healthier options like fruit with Greek yogurt, air-popped popcorn, or a fruit smoothie. Order online or plan ahead to get what you need at the store.

**3. Weigh yourself regularly once a week, or even once a day.** Keep track. Write it down or use a mobile app to track your weight. It's a good way to help you be accountable and make better choices about diet and exercise.

**4. Be consistent.** It's hard at first, because your schedule and routine probably changed overnight. Start small. Eat right and stay active. Keep a regular bedtime. Avoid excessive screen time. And keep trying. You'll feel better and keep your weight in check. @

### MORE

Tips for preventing weight gain  
<https://tinyurl.com/yxfv5lu3>

## Sniffles and Sneezes? 6 Tips to Manage Seasonal Allergies

Reduce exposure to allergens to prevent symptoms

It's that time of year when your days and nights can be filled with sneezing, watery eyes, congestion, and an itchy throat. A-a-a-choo!

Seasonal allergies affect about 20 million adults in the U.S.<sup>2</sup> And the most common offenders include pollen from:

- Trees
- Grass
- Weeds
- Flowers



- Plants
- Mold spores

**How do you handle seasonal allergies?** Over-the-counter and prescription medications can help. But you can also reduce your exposure to pollen and allergens to prevent symptoms. Here's how:

**1. Stay inside** when it's windy or when the pollen count or humidity is high in your area.

**2. Avoid rubbing your eyes,** and wash your hands frequently to remove any pollen that might be on your hands from being outdoors. This is important to prevent the spread of COVID-19, too.

**3. Wear sunglasses** outdoors to reduce the amount of pollen that gets in your eyes.

**4. Change your clothes** after being outside and shower to remove pollen from your skin and hair.