



THE Y AXIS



The Dirty Little Secret About Potatoes

Put down the chips and step away from the bag. Skip the French fries.



What if you heard that on the grocery-store loudspeaker or drive-thru intercom?

You'd probably be a little freaked out...right?

Here's the thing. Most potato chips and French fries contain harmful chemicals, including acrylamide.⁴ It's been linked to heart disease, brain-related problems, and certain types of cancer.

You hungry? Cook real food at home, or at least order something healthier from the menu.

COMMENTS?

Send comments to the editor: well@wellsources.com

You've Never Too Old to Exercise: 100 Laps for 100 Years

Regular exercise improves health, longevity

Dressed in combat fatigues, the young Bud Lewis moved into formation. A drill sergeant directed a group of soldiers, barking, "Left...left...left-right...left."

Even though it's been more than 75 years since Lewis served in the 41st Infantry Division during World War II, it's still a familiar cadence.

He's been walking a lap around Duniway Track in Portland, Ore., every morning at 11 a.m. for a cause. His goal...walk 100 laps to raise \$100,000 for the Sunshine Division. It's a food bank operated by the Portland Police Bureau where he was commander until retiring.

"I'm about to be 100 years old," says Lewis. "And I see this as a way to put the icing on the cake of my years."

On Aug. 8, Lewis will celebrate his birthday by walking another lap around the track. (He's actually completed more than 150 laps.) It's for a good cause. But Lewis also hopes it's a reminder that you're never too old to exercise.

"A journey of a thousand miles starts with one step," says Lewis. "Starting is the most important thing."

Get 30 to 60 minutes of exercise a day

How active are you? Adults should get at least 30 minutes of aerobic activity a day, or 150 minutes a week.¹

Only about half of all adults are active enough. But it's good for your health at any age. Aerobic exercise helps burn calories and fat. It helps your heart, lungs, and muscles be strong.

Maybe you're not ready for 100 laps, but there are plenty of other ways to be active. Ride a bike. Take a fitness class. Work in the yard.

Are you getting at least 30 minutes of aerobic exercise a day? Keep it up. If you're not, find an activity you enjoy, and get started. 🏃‍♂️

MORE

Make exercise a daily habit
<https://tinyurl.com/ydawjjz4>

A Cup a Day: The Blueberry Diet for Heart Health

Daily serving of blueberries cuts heart disease risk by up to 15 percent

It's the official berry of Nova Scotia, Canada. They taste so good American poet Robert Frost wrote a poem about them. And Australian blueberry farmers David and Leasa Mazzardis hold the record for the biggest blueberry in the world (12.39 grams).

That should get your juices flowing. It's blueberry season. Blueberries can transform a bowl of cereal, fruit smoothie, muffin recipe, or fruit salad. They're a tasty and healthy vitamin-packed treat.



But satisfying your taste buds with this sweet and sour berry isn't the only reason to eat them. Research shows eating a cup of blueberries a day may cut the risk for heart disease by up to 15 percent.²

Health benefits of blueberries

Blueberries contain high levels of antioxidants. They're rich in vitamin C, fiber and potassium. And they're low in calories. Health benefits of blueberries include:

- Improve heart health
- Reduce stroke risk
- Strengthen the immune system
- Improve digestion