

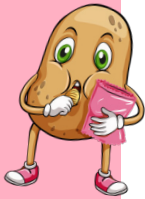


THE Y AXIS



This After-Dinner Shuffle

When you're done with dinner, what do you do?



Move to the couch, turn on the TV, or take a nap?

Hold on. There's something better you can do after dinner.

About 5 minutes after eating, get up and go for a brisk 10-minute walk.

Why? Research shows it's an effective way to control blood sugar levels and prevent or manage diabetes.⁵

COMMENTS?

Send comments to the editor:
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The Power of Pink: 8 Ways to Prevent Breast Cancer

Wear pink...October is Breast Cancer Awareness Month

Wake up early and go for a run in Central Park. That's how Hoda Kotb, co-host for the *Today Show* on NBC, likes to start her day.

But her morning routine was put on hold when something unexpected happened.

During a routine doctor's visit, Hoda was diagnosed with breast cancer. She was worried. She didn't want anyone to know. And she felt alone, until she discovered millions of women survive breast cancer.

Fortunately, Hoda was able to slip on her running shoes again after surgery, medication and recovery.

Did you know 1 in 8 women will be diagnosed with breast cancer in their lifetime?

There is no cure for breast cancer. About 325,000 women will be diagnosed with breast cancer this year. But there are things you can do to reduce your risk and improve your survival rate, including:¹

- 1. Maintain a healthy weight.** Or lose weight if you need to.
- 2. Exercise at least 30 minutes a day.** Go for a walk. Ride a bike. Swim. Workout

at the gym. Find a way to be more active that you enjoy, and make it a daily habit.

3. Avoid or limit alcohol. No more than one drink per day for women; zero if pregnant. Men can get breast cancer, too. No more than two drinks per day for men.

4. Avoid exposure to toxic chemicals linked to cancer (<https://tinyurl.com/jc3lewa>)

5. Limit exposure to radiation. Most people are exposed to radiation from X-rays, CT scans, and PET scans.

6. Ask your doctor about medications. Hormone replacement therapy and birth control drugs may increase your risk for breast cancer.

7. If you have a baby, breastfeed. Research shows women who breastfeed for a lifetime total of one year or more have a lower risk of breast cancer.

8. Get screened. If you're age 40 or older (Hoda was 43 when she was diagnosed), or a close family member with breast cancer, schedule an appointment with your doctor. You're twice as likely to develop breast cancer if it's part of your family history.

MORE

8 myths about breast cancer
<https://tinyurl.com/yaa2vfep>

Neck & Shoulder Pain? Do THIS for 2 Minutes

Use resistance-band exercises to loosen up

You're staring at a computer all day... and your phone. You're hunched over a desk. Maybe all three. And the stress of the day is getting to you. You can feel it in your neck and shoulders. Sound familiar? If you've experienced neck or shoulder pain, you know it can have an effect on your job and your life.

What if you could fix neck and shoulder pain in just two minutes a day?

It's possible. As little as two minutes of exercise a day using resistance bands can provide relief.² In a 10-week study, researchers divided participants into three groups:



- **2 minutes a day.** One group of office workers with neck and shoulder pain performed two minutes of exercise, five days a week.
 - **No exercise.** Another group with neck and shoulder pain did not exercise.
 - **12 minutes a day.** A third group performed the exercises for 12 minutes, five days a week during the study.
- The results:** Both exercise groups reported less neck and shoulder pain than the no-exercise group.