



THE Y AXIS



Beware of Blue Light

Don't go towards the light."

That line is in a lot of horror movies. And maybe it's about time we listen.

The average adult spends about 11 hours a day staring into a screen (phone, tablet, TV, or computer).

The problem... Research shows exposure to this blue light may lead to:⁴

- Eye strain
- Neck, shoulder, and back pain
- Headaches
- Sleep problems
- Sugar cravings
- Poor lifestyle habits

The fix: Cut back on screen time. Like right now... and go for a walk.



COMMENTS?

Send comments to the editor: well@wellsources.com

North-Pole Nudge: 5 Habits to Prevent Red-Suit Syndrome

The average adults gains 1 to 5 pounds during the holidays

When Scott Calvin (played by Tim Allen) wakes up one morning in the holiday movie *The Santa Clause*, something isn't right.

His pajamas are tighter. His belly is bigger. He thinks there's something wrong with the bathroom mirror and scale.

You're not going to gain 40 pounds overnight like the guy in the red suit. But research shows the average adult gains about 1 to 5 pounds during the holidays.¹ And most keep packing on a few extra pounds year after year.

How about a little North-Pole Nudge? Here are some things you can do to prevent holiday weight gain.



1. Be active at least 30 minutes a day. Try brisk walking, weight lifting, or aerobics. Or dust off that piece of exercise equipment and actually use it.



2. Eat healthy foods and portion sizes. Keep it simple. Most of your food should come from fruits, vegetables, fish, whole grains, legumes, nuts,

and seeds. Drink more water. And avoid or limit red meats, highcalorie drinks, fast food, and desserts.



3. Start the day with a healthy breakfast. Based on data from the National Weight Control Registry, people who lose weight and keep it off eat breakfast daily. Try whole-grain toast or steel-cut oats, fruit, or Greek yogurt.



4. Track your progress. Weigh yourself once a week. Keep a food diary. Write it down or use a mobile app to record your weight, food choices, and exercise. It's a good way to help you be accountable, and remember to make healthy choices.



5. Be consistent. Eat right and stay active, even on the weekends. If you overeat or skip exercise, it's no big deal. Hit restart and get back on track the next day.

Start now and give yourself the gift of good health this holiday season.

MORE

Avoid weight gain over the holidays <https://tinyurl.com/y53ho4gj>

Scratch Summer Sausage Off the Holiday Gift List

Eating processed meat raises cancer risk

You've seen the summer sausage gift sets. They're wrapped and packaged with holiday cheer, and don't need to be refrigerated. Sometimes they even come with crackers, cookies, and decorative silverware.

And if COVID-19 didn't put the brakes on typical mall shopping this year, you might stumble upon samples of summer sausage served on a toothpick.

But this year, scratch summer sausage off the gift list. Rethink your plans for sending fancy meats and cheeses to your mom.

Why? Research shows that the risk for certain types of cancer increases by eating processed meats like:²

- Summer sausage
- Bologna
- Salami
- Hot dogs
- Canned meats

In the study, researchers looked at the link between cancer and processed meats. And the results were less than appetizing. Processed meats may raise the risk for cancer as much as tobacco, asbestos, and diesel fumes.



So how much do a few slices of summer sausage raise your risk for cancer?

It depends. The less you eat, the lower your risk. But a lot of people eat processed and red meats at least once a day, and sometimes more during the holidays.