



THE Y AXIS



The Fried-Food Failure

Put down the French fries.



And step away from the fried chicken.

OK. So maybe you don't eat like that every day.

Here's the thing... Even a little fried food is bad for your health.

In a recent study, researchers found that just one small serving a week (about 4 ounces or ONE fried chicken breast) of fried food raises the risk for chronic disease.⁴

If you eat a lot of fried food (like every day), the risk increases:

- Heart attack and stroke by 28%
- Heart disease by 22%
- Heart failure by 37%

How about fresh instead of fried? You'll live longer.

COMMENTS?

Send comments to the editor:

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Want to Lose Weight? Click, Swipe & Tap

Social media can help you lose weight

Send a picture of yourself on vacation. Sound off about celebrity news. Share a funny video, GIF, or meme. It's what an estimated 3.8 billion people do every day on social media.

But social media may offer more than just a place to keep up with your friends, play games, or follow pop culture.

Posting status updates about your weight-loss efforts may help you shed unwanted pounds.¹

In a recent study, researchers looked at the social media patterns of people who lost weight over a four-year period. They found that sharing status updates about their weight-loss journey (good and bad), helped people achieve success.

Set a weight-loss goal? You'll need to make smart food choices and exercise. But you can also use social media to help you make it happen. Try this on social media:

- Share your weight-loss goal and start date with your network

- Tell your online friends about what you eat for meals and snacks
- Post progress photos of things like meals, workout results, changes on the scale or measurements
- Ask questions to help you make better decisions and develop healthy habits

"By sharing success and setbacks in virtual support communities on social media, we found people are achieving better results," says researcher Dr. Tonya Williams Bradford. "This works especially well with goals like weight loss, where before and after images can be shared online with other community members."

And if you stray from your diet or miss a workout, your social network can help you get back on track, too.

MORE

5 apps to manage your weight
<https://tinyurl.com/y3c8d56l>

Get a Grip: A New Way to Find Out If You Have Diabetes

Study: Grip strength predicts risk for type 2 diabetes

"Come on Sy! You got this!"

A group of people cheered as Arizona resident Sy Perlis made his way to the weight bench.

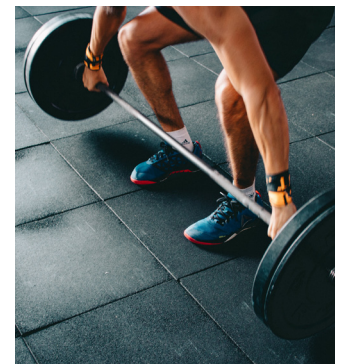
Ready to make history (he's in his 90s), Sy lay back on the bench and smiled. Then he gripped the barbell above his head loaded with 187.2 pounds.

He took a deep breath, lifted the bar over his chest, and muscled his way through five repetitions. He also set a new bench press world record for someone his age.

Perlis started weight training when he was 60 years old. He's strong, works out five days a week, and has a vice-like grip. And that may be one reason he doesn't have diabetes.

An estimated 34 million people in the U.S. have diabetes. Another 88 million have prediabetes, and most don't even know it. Left unchecked it can lead to:

- Heart disease
- Stroke
- Kidney damage



- Nerve damage
 - Early death
- In a recent study, researchers found that weak grip strength is a predictor of type 2 diabetes.³