Try the Two-Feet Diet

Want to maintain your weight or lose weight?

You don't need a crazy workout, meal plan, or supplements.

Just try the Two-Feet Diet.

Get up and go for a walk. Or at least get up off the couch and stand. Either way, you'll be on your feet. And that's what matters, according to a recent study.[4]

Standing for six hours a day burns 54 more calories than sitting. That might not sound like a lot. But it's enough to burn about five pounds of fat in a year. And that's something worth standing for.

COMMENTS?

Send comments to the editor:
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5 'Sneaky' Reasons to Eat More Zucchini This Summer

Discover the health benefits of summer squash

Imagine you're drifting off to sleep on a hot summer night. Then you hear a strange noise. Peering into the shadowy darkness, you see your neighbor in the garden. Weird, right?

It looks like he's collecting caveman clubs or deformed bowling pins. And you can't really tell if that's a network of alien tentacles snaking across the ground, or if those are just vines.

But if you wake up in the morning and discover a surprise at your front door, it will all make sense. August 8 is Sneak Some Zucchini Onto Your Neighbor's Porch Night.

Yes, it's actually a thing. And it makes sense. Zucchini grows like crazy around this time of year. And if you can't eat it all, share it.

Try some zucchini (aka summer squash) while it's in season. It's high in vitamin C, antioxidants, and other nutrients.

Here are five reasons eating zucchini is good for your health. Zucchini:[1]

1. Helps control blood pressure
2. Reduces inflammation linked to chronic disease and certain types of cancer
3. Promotes gut health and digestion
4. Low in calories to aid in weight management
5. High in B vitamins to support metabolism, mood, and energy levels

Enjoy this summer squash as a snack or side dish. Try it in place of pasta. And use it in breads, soups, and main dishes.

If you have a garden full of zucchini, eat some and give some away. If you don't, stop by the grocery store or farmer's market and give this vegetable a try.

MORE

Zucchini & summer squash recipes
https://tinyurl.com/yby3v3s6

Summer Shouldn't Be Stressful: 3 Ways to Chill Out

Improve your mood + improve your health

Ever have one of those days? It happens. Traffic is a nightmare. You've got a looming work deadline. There's trouble at home. Or some series of unexpected events have you feeling stressed out and anxious. Now what?

A two-week vacation to sort things out and recharge might help. But is there anything else you can do to improve your mood and feel better?

Yes, and it's simple. Make a choice to improve your mood. Learn to focus on the positive and pay attention to your surroundings, instead of just focusing on what's wrong. In a recent study, researchers found that taking just a few minutes to refocus can reduce stress and anxiety.[2]

Follow these 3 easy steps to chill out:

1. Take a walk break. It doesn't have to be far. Walk around the block, through the mall, or in a park. You could even use a treadmill. Aim for 10-15 minutes; more if you have time.

2. Observe. Your brain will want to review your to-do list or rehash whatever's bothering you while you walk. But push those thoughts aside. Instead, focus on making simple