



THE Y AXIS



## The Stairway to Heart Health

Take the stairs. You've heard the advice before. But can it really make a difference?



Yes. The next time you see the elevator, resist the urge to press the button and stand around for the doors to open.

Instead...take the stairs and hustle to your destination.

Why? New research shows that even short bursts of stair climbing can improve heart health.<sup>4</sup>

It's easy. Hustle for just 20 seconds up the stairs. Rest briefly. Then continue. Researchers found that even one-minute bouts of exercise is good for your heart.

### COMMENTS?

Send comments to the editor:

[evan@thehealthycopywriter.com](mailto:evan@thehealthycopywriter.com)

## 7 Sweet Reasons to Serve Up Strawberries This Summer

Enjoy the sweet health benefits of strawberries

Raise your fork...or your tennis racket to strawberries. The Wimbledon Championship in London, England, is back later this month.

For two weeks, fans will see the world's best tennis players battle it out at the most-watched tennis match in the world. But tennis isn't the only thing in-person spectators look forward to.

In the past, hungry fans eat close to 62,000 pounds of strawberries by the time the winners are announced. Fresh-picked the day before they're served, strawberries have been part of Wimbledon lore for a long time.

But these bright red berries promise more than just good taste. Strawberries are packed with vitamin C, antioxidants, fiber, and other nutrients that:<sup>1</sup>

1. Strengthen the immune system.
2. Help prevent certain types of cancer
3. Slow memory loss as you age
4. Lower blood pressure
5. Reduce the risk for heart disease, diabetes, and stroke

6. Support weight loss and weight management
7. Improve cholesterol levels, and more

If you can't make it to Wimbledon for tennis and a bowl of berries, enjoy them at home. Here's how:

- Add strawberries to cereal or yogurt
- Make a fruit smoothie
- Slice strawberries and add to fruit salad
- Try strawberries with low-calorie whip cream
- Buy strawberries fresh or frozen, or try growing them on your own

And if you want to sweeten things up a little more, the Centers for Disease Control and Prevention recommends eating 1-1/2 to 2 cups of fruit per day... including strawberries.

Want to be healthier? Serve up some strawberries this summer.

### MORE

Try these tasty strawberry recipes <https://tinyurl.com/vk5vkt7b>

## Jump Rope: 6 Benefits of This Simple Exercise

No gym required to improve your health

California resident Michael Rogers tipped the scales at 300 pounds. His diet was far from healthy. He didn't exercise. And he knew something had to change if he wanted to see his daughter grow up.

So he cleaned up his diet and picked up a jump rope.

After eight months of better eating and lots of jump roping, he dropped 100 pounds.

Eventually, he developed a one-hour jump rope workout routine that included:

- Regular jumping
- Crossovers
- High-knees jumping
- Double jumping (the rope spins fast enough to go around twice in a single jump).



### The 15-minute jump rope experiment

At first, 15 minutes of sporadic jump roping was all he could do. But he was determined.