



Apple Oatmeal Muffins

What's for breakfast? Skip the donuts or greasy drive-thru and make something healthier...like this Apple Slice Pancake recipe.⁵ Yum!

Ingredients

- 1 apple (Granny Smith)
- 1-1/4 C pancake mix (any type)
- 1/2 tsp cinnamon
- 1 large egg (or egg substitute)
- 2 tsp canola oil
- 1 C non-fat milk or soy milk

Directions

- Heat oven to 1. Lightly coat griddle or skillet with cooking spray over medium heat.
- Peel, core and thinly slice apple into rings.
- In a large mixing bowl, combine ingredients for pancake batter. Stir until evenly moist. (Small lumps are OK.)
- For each pancake, place apple ring on griddle and pour about 1/4 C batter over apple ring, starting in the center and covering the apple.
- Cook until bubbles appear. Turn and cook other side until lightly brown. Serves 4. 190 calories per serving.

Makes 6 servings (2 pancakes each). 174 calories per serving.

Get Your Zzzs to Boost Immune System

Aim for 7-8 hours of sleep per night

Work late. Hang out with friends. Tackle a homework project with a kid well past midnight. Kick off your shoes after a long day and watch late-night TV. Or stay up late on your mobile device reading, tapping, and swiping.

Been there, done that? There are millions of reasons (and excuses) why you skimp on sleep. But it will cost you.

New research shows that lack of sleep can weaken your immune system and raise your risk for getting sick.³

Researchers tracked the sleep patterns of healthy adults. Some slept seven or more hours a night. But others slept less than six hours a night. After just two weeks, tests showed the group not getting enough sleep had weaker immune systems.



You might think burning the midnight oil is fine with a morning latte, energy drink, or caffeine pill.

But if you do, you're fooling yourself. If you're chronically sleep deprived, you're at risk for getting sick. Why?

Sleep helps restore your body's health. It also helps build immune system pathways that fight viruses.

"Sleep is as important as diet and exercise to optimal health," says lead researcher Dr. Nathaniel Watson. "Prioritize it in your life and reap the benefits."

Jump Rope: 6 Benefits of This Simple Exercise (continued from page 1)

6 benefits of jump roping

Want to improve your health? Pick up a jump rope, and go. It can help you with a lot more than weight loss.² The benefits of jump roping include:

1. Build lower leg strength to help prevent injuries
2. Improve coordination (feet, eyes, hands, brain)
3. Give your brain a boost to improve balance & thinking

4. Burn calories and fat
5. Improve cardiovascular health
6. Eliminate excuses by making exercise simple

If you're looking for an easy way to be more active and improve your health, Michael has some advice for you...

"Try jump roping," says Michael. "If you don't like that, go for a walk. Just pick something you enjoy. Live an active life. You have to make the decision to do something to improve your health."

References

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4. Allison, M., et al. (2017). Brief intense stair climbing improves cardiorespiratory fitness. *Medicine & Sciences in Sports and Exercise*, 49(2):298-307. From: <https://tinyurl.com/ykrr4ps3>
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Take the June Health Challenge!

Keep a Food Journal: Track your eating habits for 30 days

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

Why is getting enough calcium important?