

HIGHLIGHTS for the May 2019 Newsletter

Follow the 'Walk It Off, Keep It Off' Plan

What's the secret to losing weight and keeping it off? It's not extreme dieting, punishing workouts, or weight-loss pills. It's actually pretty easy, you just have to do it consistently. Here's what it takes:

The Glass-Half-Full Secret to Prevent Heart Disease

Are you an optimist or a pessimist? Is the glass half full or half empty? Can you look on the bright side of things, even when things aren't perfect? Your answer could have an impact on your heart health. Learn more.

Want to Live Longer? Clean Up Your Diet

How's your diet? Be honest. About 75 percent of adults think they're eating well. But new research shows an estimated 1 in 5 deaths worldwide are linked to poor diet. Ready to clean up your diet? Here's what you should be eating:

Y-Axis: The Sugar Rush Myth

Gulp down an energy drink. Munch your way through a candy bar. If you think a sugar rush is going to help you, prepare for some mind-bending news. Results from a recent study may change the way you think about sugar.

Recipe: Avocado, Mango, and Bean Salad

Hungry for a healthy salad? Here's an easy-to-make bean salad with avocados, lettuce, and lots of tasty flavors.

Ask the Wellness Doctor

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: Why should I see a doctor once a year?

Health Challenge

Take the month-long Health Challenge: Know Your Medical History: Get info to manage your health.