

HIGHLIGHTS for the September 2021 Newsletter

5 Exercise Trends to Stay Fit During the Pandemic

The global pandemic and spread of COVID-19 has changed a lot of things, including the way a lot of us exercise. Check out these 5 no-gym-required trends to stay fit.

Mediterranean Diet: 7 Simple Tips for Heart-Healthy Eating

Want to live longer? Skip the infomercials, snake-oil pills, and empty promises, and change your diet. Research shows people who follow the Mediterranean Diet tend to live longer. Start today...

This is Your Brain on Stress...Any Questions?

Are you stressed out? It's a normal part of life for most people. But if you don't manage stress in healthy ways, it can take a toll on your health and your brain. Here's what too much stress looks like...

Y-Axis: Talk with a Doc

Need to see a doctor? You don't have to spend hours in a hospital or clinic waiting room any more. Telehealth visits jumped 154 percent in a year. Here's how easy it is to talk with a doc.

Recipe: Simple Roasted Butternut Squash

Looking for an easy way to add some tasty fall vegetables to your diet? Try this ButternutSquash Recipe. It's simple. It's healthy. And you only need a few ingredients.

Take the September Health Challenge!

Feast on Fruit: Eat 1.5 to 2 cups of fruit per day

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Why is olive oil good for you?