



THE Y AXIS



Talk with a Doc



Ever put off going to the doctor because of your schedule or COVID-19 exposure concerns?

Come on. You should really get that checked out. Right?

Seriously. Telemedicine makes it possible to talk with a doc from your smartphone, tablet, or computer.⁴

This is how millions of Americans are treated for minor health problems.

Like what? The common cold, a urinary tract infection, skin problems, or even mental health disorders, for example.

You can get a diagnosis and treatment plan. Medicine can even be sent to your home or nearest pharmacy. And more health plans now cover telemedicine visits.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

5 Exercise Trends to Stay Fit During the Pandemic

No gym required to stay in shape

Working out has changed a little since the spread of COVID-19. There's mask mandates. Some gyms have closed. Others require a mask while working out. And most health experts recommend avoiding crowded spaces.

So how do you workout and stay in shape during a pandemic?

Check out these top 5 fitness trends (no gym required).³

1. Online training. Join an online fitness class and follow along. Hire an online personal trainer for custom workouts and coaching. Or pick a fitness video to help you move, stretch, hustle and break a sweat at home.

2. Wearable technology. Click, swipe, and tap your watch, phone, or tablet. Wearable tech tools make it easy to track your steps, food choices, sleep habits, heart rate, exercise activity, and more.

3. Bodyweight training. Perfect for home workouts. Do push-ups, curl-ups, jumping jacks, squats, and lunges. Aim for 8 to 12 repetitions per exercise.

4. Outdoor activities. Put on your shoes and step outside. Go for a walk, jog or run. Hike, cycle, paddle, swim, golf, throw a frisbee, or play your favorite outdoor sport.

5. High-intensity interval training (aka HIIT). There's a million different ways to exercise this way. It works like this. Hustle hard for a short amount of time. Catch your breath. And keep going. Try this. Jump rope for 1 minute. Rest for 30 seconds. Repeat until 15 minutes are up. Or replace jumping rope with a different aerobic exercise.

You can be fit and healthy, even during a pandemic. Aim for 30 to 60 minutes of exercise a day. No gym required.

MORE

Step up your walking workout
<https://tinyurl.com/4frjkc82>

Mediterranean Diet: 7 Simple Tips for Heart-Healthy Eating

Lowers heart disease risk by 25 percent or more

Francisco Nunez Olivera enjoyed a simple life in Spain. He grew his own garden. He took a walk every day to check on his herbs and vegetables. He was always surrounded by family and friends. And he only went to the hospital twice in 113 years.

How did Olivera live 35 years longer than the average adult in the U.S.? It's actually pretty simple. He lived a healthy lifestyle and followed the Mediterranean Diet. Research shows eating this way can cut the risk for heart disease by 25 percent or more.¹

Want to improve your heart health? Eat like Olivera. Here's how:

1. Eat more fresh vegetables. Aim for 2 to 3 cups of vegetables per day.

2. Grab some fruit. Most adults should eat about 1 to 2 cups of fruit per day.

3. Choose whole-grain bread, cereal, and pasta instead of sugary cereal, white rice, and bread. Bring on the beans in soups, salads, stews, and casseroles.

4. Nibble on nuts. Try a small handful of pistachios, pecans, almonds, or walnuts as a snack or added to salads.

5. Use healthy fats like olive oil, canola oil, and soy oil. Fish, avocados, nuts, and seeds are also good sources of healthy fats.

6. Drink red wine or grape juice. It's the antioxidants in grapes that help improve circulation and heart health.

