



THE Y AXIS



### Play Video Games to Curb Sugar Cravings

Got a sweet tooth?



Curb cravings by playing video games.

Sound crazy? Maybe not. In a recent study, researchers created a video game called Diet Dash.<sup>5</sup>

**The goal:** Fill a grocery cart with healthy foods, and skip junk foods, while a timer ticks down.

About 100 overweight adults with a sweet tooth signed up to play. First, they took a class to learn more about healthy eating. Then they played the game every day for about eight weeks.

**The result:** Shopping for healthy foods in virtual reality actually retrained their brains to eat better.

Want to improve your diet? Start by training your brain.

### COMMENTS?

Send comments to the editor:

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## Ace Your Health: 7 Sweet Reasons Serve Up More Strawberries

Enjoy the sweet health benefits of strawberries

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

### Strawberries & cream: It's a Wimbledon tradition

During the two-week tennis tournament, hungry fans eat close to 62,000 pounds of strawberries and 1,800 gallons of cream by the time the winners are announced.

Fresh-picked the day before they're served, strawberries and cream have been part of Wimbledon lore since the event began in 1877.

### 7 sweet health benefits of strawberries

Game, set, match! 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>

Strengthen the immune system.

1. Help prevent certain types of cancer
2. Slow memory loss as you age

3. Lower blood pressure
4. Reduce the risk for heart disease, diabetes, and stroke
5. Support weight loss and weight management
6. 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/k5vkt7b>

## Gold-Medal Health: Exercise Lowers Risk for 13 Types of Cancer

Aim for 30 minutes of moderate exercise daily

Jillion Potter knows a lot about fighting, getting up after being knocked down, and beating the odds.

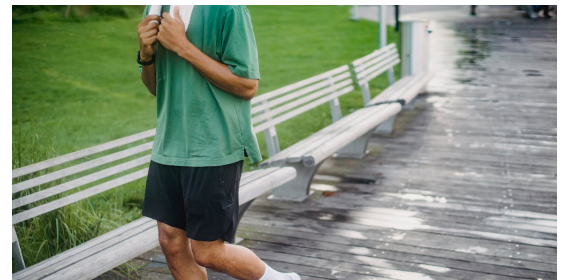
She broke her neck playing rugby. She helped the first U.S Olympic Women's Rugby Team compete in the XXXI Olympics. And she beat cancer.

Two years before she competed in the Olympics, she went through 18 weeks of chemotherapy. Radiation treatment was another two months. Yet, she kept on playing rugby with the pros.

There's no doubt early detection and treatment made a difference. But it may not be the only factor that helped Potter stay in the game.

### Exercise: Another way to lower cancer risk

A new study suggests that regular exercise can cut your risk for 13 different types of cancer.<sup>2</sup> (It's the second leading cause of death in the United States.)



- In the study, researchers looked at the exercise habits of 1.4 million people.
- They compared physical activity with cases of cancer.
- The more people exercised, the more they lowered their risk for 13 types of cancer.

You may not be exercising like an Olympic-level rugby player. But you can carve out time to exercise.



### Broccoli Strawberry Orzo Salad

Hungry for a healthy salad with a zing of sweet-tasting strawberries to celebrate the summer season? Give this fresh fruit and veggie recipe a try.<sup>4</sup>

#### Salad Ingredients

- 3/4 C orzo pasta, uncooked
- 2 C fresh broccoli, chopped
- 2 C fresh strawberries, diced
- 1/4 C sunflower seeds

#### Lemon Poppy Seed Dressing Ingredients

- 1 T lemon juice
- 2 T apple cider vinegar
- 2 T olive oil
- 1 tsp sugar (or honey)
- 1 tsp poppy seeds (optional)

#### Directions

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds.
3. Drizzle with lemon poppy seed vinaigrette and toss to combine.
4. Season with salt and pepper.

TIP: Chill in refrigerator until ready to serve.

## The Giggle Prescription: Laughing is Good for Your Health

Laugh more to improve your health

Laugh-out-loud movies. A good joke. A few minutes of funny YouTube shorts. Or those special moments with family and friends when you laugh until you cry. They all have something in common, laughing is good for your health.

In the 1960s, doctors told journalist and educator Norman Cousins that he didn't have long to live. So he developed his own form of therapy...laughing.

Here's what happened:

- Watching just 10 minutes of slapstick comedy and laughing helped him be pain-free for at least two hours at a time.
- He made laughter and humor a regular part of his life.
- And he lived 36 years longer than doctors predicted.

Recent studies show that laughing does provide real health benefits.<sup>3</sup>

- **Pick a comedy.** Watching a funny movie can expand your blood vessel lining and improve circulation. Watching a stressful, dramatic or scary movie has the opposite effect.



- **The funny-cat-video effect.** Watching a funny video can help lower stress levels. Laughter may also help improve memory and recall.
- **Take two.** Research shows laughing may also help boost growth hormones and endorphins. This can strengthen your immune system and improve your mood.
- **Mind-altering benefits.** Watching a funny movie also helps people cope with depression, anger, and fatigue.

When you laugh, you exercise your heart, muscles, and lungs. Plus, you burn extra calories, and reduce stress. Now go enjoy a good laugh!

#### MORE

103 health benefits of laughter  
<https://tinyurl.com/t5v3bkr8>

## Gold-Medal Health: Exercise Lowers Risk for 13 Types of Cancer (continued from page 1)

Researchers in the study said just 20 minutes a day is enough to help reduce cancer risk.

#### Want to cut your risk for cancer?

Go for a walk. Jog. Ride a bike. Swim. Play tennis. And if you're tough enough, go ahead and give rugby a try.

You'll burn calories and fat. You'll strengthen your heart, lungs, and muscles. And you'll reduce your risk for cancer.

#### MORE

7 tips to lower cancer risk  
<https://tinyurl.com/ys7wesn2>

## References

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2. Moore, S., et al. (2016). Association of leisure-time physical activity with risk of 26 types of cancer in 1.44 million adults. *JAMA Internal Medicine*, 176(6): 816-825. From: <https://tinyurl.com/5cmvdd5f>
3. Ringer, J. (2019). Laughter: A fool-proof prescription. Loma Linda University. From: <https://tinyurl.com/3tydt475>
4. U.S. Department of Agriculture. (2024). Broccoli Strawberry Orzo Salad. MyPlate. From: <https://tinyurl.com/y6t2m4zs>
5. Forman, E., et al. (2019). Computerized neurocognitive training for improving dietary health and facilitating weight loss. *Journal of Behavioral Medicine*. From: <https://tinyurl.com/y6eqcsxj>



## Take the July Health Challenge!

Walk It Off: Walk daily to improve your health

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I make breakfast healthier?