

Keeping your health and wellbeing in the know

MyHealthTALK

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Courtesy of Asset Health

No Matter What, Exercise Can Help You LIVE LONGER



Getting up and moving during the day, even if it's just a light walk, can help prevent heart disease. But what researchers recently learned is that even if you live with high cholesterol or high blood pressure, exercise can still help you live longer.

Earlier this year, an Australian research team studied a group of volunteers who live with high cholesterol or high blood pressure.

All participants were told to log their daily exercise routines, which varied.

Researchers were surprised to learn that the volunteers who exercised the most were six times more likely to live longer than the less active volunteers.

Even though the average waist size of the participants was larger than that of a healthier group, exercise still prolonged their lifespan.

The takeaway: No matter what condition your health is in, any physical activity can make a positive impact!

The study, published in the journal *PLOS One*, considered other healthy lifestyle changes that may have been at play. So when talking about heart health, it is always important to aim for healthier cholesterol and blood pressure levels, says Satvinder Dhaliwal, one of the professors and researchers behind the study.

Be sure to talk with your doctor about ways to keep your cholesterol and blood pressure in a healthy range for your age.

And if you haven't already, try incorporating an exercise routine in your healthy living plan. It just might extend your life!

To learn more about the helpful effects exercise can have on your health, visit well.blogs.nytimes.com.

"Ask Well: How Exercise Can Help You Live Longer," Gretchen Reynolds, well.blogs.nytimes.com, April 2, 2014.

"Recreational Physical Activity as an Independent Predictor of Multivariable Cardiovascular Disease Risk," *PLOS One* peer-reviewed journal, ncbi.nlm.nih.gov/pmc/articles, Dec. 26, 2013.

NEED A LITTLE EXTRA MOTIVATION?

Try exercising outside! Here are some of the many benefits to moving your fitness outdoors:

- Greater energy
- Improved concentration at school and work
- Better odds of creating a fitness routine you enjoy
- Easier to maintain a healthy weight
- Faster healing times for minor injuries and pain
- A boost in your vitamin D levels



NO Emmy Awards for CIGARETTES: When Smoking Trends Fall in Our Favorite TV Shows, Viewer Smoking Habits Decline, Too

Recently, it seems like the general smoking trend is heading in a healthy direction, and researchers are curious about which aspects play a role in the trend's decline.

Many say a rise in cigarette cost deters consumers from purchasing a carton, while anti-smoking campaigns have their lasting and sometimes graphic impact on the public. But how much of a role do our favorite television stars and shows play in encouraging or discouraging viewers to light up?

A research team from Pennsylvania watched more than 1,800 hours of popular television programs that aired from the 1960s through 2010. They were looking for any reference to tobacco, whether the actors or actresses actually smoked or were purchasing and handling cigarettes.

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What they found is tobacco's screen presence dropped from roughly five appearances per hour of airtime to less than 0.5 appearances per hour in 2010.

Coincidentally, researchers learned the average American viewer also gradually smoked less during that time period, too. In the survey, nearly 50 percent of the population smoked in the 1960s and by 2010, about 20 percent of Americans identified themselves as smokers.

Some believe that merely referencing tobacco in top-ranked shows may remind the audience to have a smoke. And the absence of smokers on the big screen seems to encourage viewers to drop the habit, too.

While there are still several programs on air who cast smokers, researchers applaud the downturn in the unhealthy trend and hope it continues to impact the viewer population for the better.

If you or someone you know is trying to quit smoking, there are plenty of resources to help you along the way. Be sure to visit heart.org, cancer.org or lung.org for more information.

If there is cigarette in the name, it just might mean the same fate.

Even though e-cigarettes, the latest vapor-emitting cigarette, might seem like a healthier option, new studies suggest the opposite.

Some researchers are learning that e-cigarettes, short for electronic cigarettes, might be just as harmful as regular cigarettes to smokers and even those surrounding them. In fact, many non-smoking establishments in several states across the country are banning e-cigarettes now, too.

To learn more, you can visit nature.com.

"Smoking Habits Fall in Primetime TV and in Real Life," Alexandra Sifferlin, time.com, April 3, 2014.

"E-cigarettes affect cells," Daniel Cressey, nature.com, April 9, 2014.



The World Health Organization celebrates **World No Tobacco Day May 31.**

Tobacco kills roughly six million people around the globe each year. But 600,000 of these people are non-smokers who are affected by secondhand smoke.

"World No Tobacco Day: May 31, 2014," World Health Organization, who.int.



to Show Mom You Care About Her Health This Mother's Day

Mother's Day is Sunday, May 11. How will you shower Mom with love this year? Here are a few ways to focus on her most important asset, her health:



- Exercise:** Lace up your sneakers and go for a stroll with your mom this Mother's Day. Exercising with a workout buddy is always more enjoyable!
- Fine dining:** Prepare a healthy meal rich in veggies and fruits. Your mother is sure to love the home-cooked meal and thrive on the nutrition boosts! (Don't forget to sprinkle in the love!)
- Kick up those feet:** Remind your mom to relax this Mother's Day. Tell her to sleep in or snag an afternoon nap. A little extra rest goes a long way in boosting brain health, especially memory!
- Prevention:** Make sure your mother is up-to-date with her annual physical and regular screenings. May 11 through May 17 is Women's Health Week. To learn more ideas on how to focus on her health, be sure to check out womenshealth.gov.
- Smell the roses:** Whether you pick out a colorful bunch of flowers for mom this Mother's Day or help her in the garden, her health will surely flourish. Did you know that if you garden for an hour, you could burn around 400 calories?