

# WELLNESS FOR LIFE



## OCTOBER 2018 BUSINESS BUZZ

### WHITE BREAD & CHOLESTEROL

People who eat more refined grains have a higher risk of heart disease. Could white bread, rice, and pasta raise LDL ("bad:") cholesterol?

Researchers fed 11 older adults diets that were high in refined grains, whole grains, or added sugars for 4 1/2 weeks each.

LDL cholesterol were 10% higher after the volunteers are the refined-grain diet than after they ate the whole-grain diet. LDL was slightly, but not significantly, higher after they ate the diet rich in added sugars than after they are the whole-grain diet.

It's too early to know whether larger studies will confirm these results. But they're one more reason to replace refined grains with whole grains. Cut back on added sugars. Other studies suggest that they raise the risk of heart disease, type 2 diabetes, and weight gain.

<https://www.ncbi.nlm.nih.gov/pubmed/29982704>

### WALKING IS UNDERRATED AS EXERCISE

When comparing the results of the most recent National Runners' Health Study with the National Walkers' Health Study, researchers found that the energy used for moderate-intensity walking and vigorous-intensity running resulted in similar reductions in risk for high blood pressure, high cholesterol, diabetes and heart disease over the study's six year period.

Psychologists found that a 10-minute walk may be just as good as a 45-minute workout when it comes to relieving the symptoms of anxiety.

Some of the best ways to maximize the benefits of walking are: 1. use the incline when you are walking to burn more calories and work different muscles in the legs. 2. Try intervals of 1 minute hard and 1 minute easy. 3. Add hand weights to give your upper body some activity while walking.

There are several walks around Iowa this month, including Iowa's Healthiest State Annual Walk on October 3rd. Contact the front desk to find out more.

### Keeping the Mind Healthy

Ways to keep the mind healthy.

- Puzzles such as crosswords or Sudoku are great and cheap ways to keep the mind engaged and the blood flowing.
- Trivia games are good for memory recall and are a fun way to get some family time with grandkids or relatives.

These are just a few ways to keep the mind active and engaged.

## OCT FALL II PROGRAM

### Wednesday, Oct 3rd

Iowas Healthiest State Annual Walk  
11:30am

### Monday, Oct 8th

High School Girls Swim Meet  
6:30pm

### Friday, Oct 12th

Blood drive at the Y.  
9:30am—2:30pm

### Tuesday, Oct 16th

High School Girls Swim Meet  
6:30pm

### Saturday, Oct 20th

Mother and Son Night  
6:00—8:00pm

### Friday, Oct 26th

Middle School Dance @ the Y  
8:00—10:00pm

### Saturday, Oct 27th

Kids Night Out  
6:00—10:00pm

### Monday, Oct 29th

Tigersharks swim team begins

### Wednesday Oct 31th