



APRIL 2022

# WellNotes®

INFORMATION FOR KEEPING HEALTHY



THE Y AXIS



Are you hungry?  
You're stressed out.



You're tired. You're in a foul mood. And as the day wears on it gets worse. That ever happen?

You might not go to the doctor after having a bad day.

But if you did, there's a good chance the diagnosis would be "hangry," according to a recent study.<sup>5</sup>

Skip a meal and blood glucose levels drop. First, you're hungry. Then there's a spike in hormones linked to stress, anxiety, and depression.

Treatment: Take a break. Have a healthy snack. You'll feel better.

## COMMENTS?

Send comments to the editor:

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## Step Into Spring: Do THIS for 15 Minutes After Dinner

Walk daily to improve your health

When Colorado resident Meghan Rabbit started feeling like her wine-and-Netflix habit after dinner was taking a toll, she decided to make a change.

Her goal was simple. Take a 15-minute walk after dinner for 30 days.

Think you're too busy to fit a little exercise into your day?

Scratch the excuses. Most people can set aside 15 minutes for exercise. Step into spring to improve your health by taking a 15 minute walk after dinner (or another meal).

Research shows that taking a post-meal walk can help:<sup>1</sup>

- Improve mood
- Control blood sugar levels
- Support digestion
- Lower blood pressure, and more...

Other benefits of walking include reduced food cravings, lower breast cancer risk, less joint pain, and a stronger immune system.

Make it a habit. It's only 15 minutes per day.

Take a walk around your neighborhood. Walk in the mall or big-box store. Go to the gym. Or dust off that treadmill and walk your way into spring to improve your health.

### MORE

5 surprising benefits of walking  
<https://tinyurl.com/ycqzxlvn>

## Did You Get the Message? Texting While Driving is Dangerous

April is Distracted Driving Awareness Month

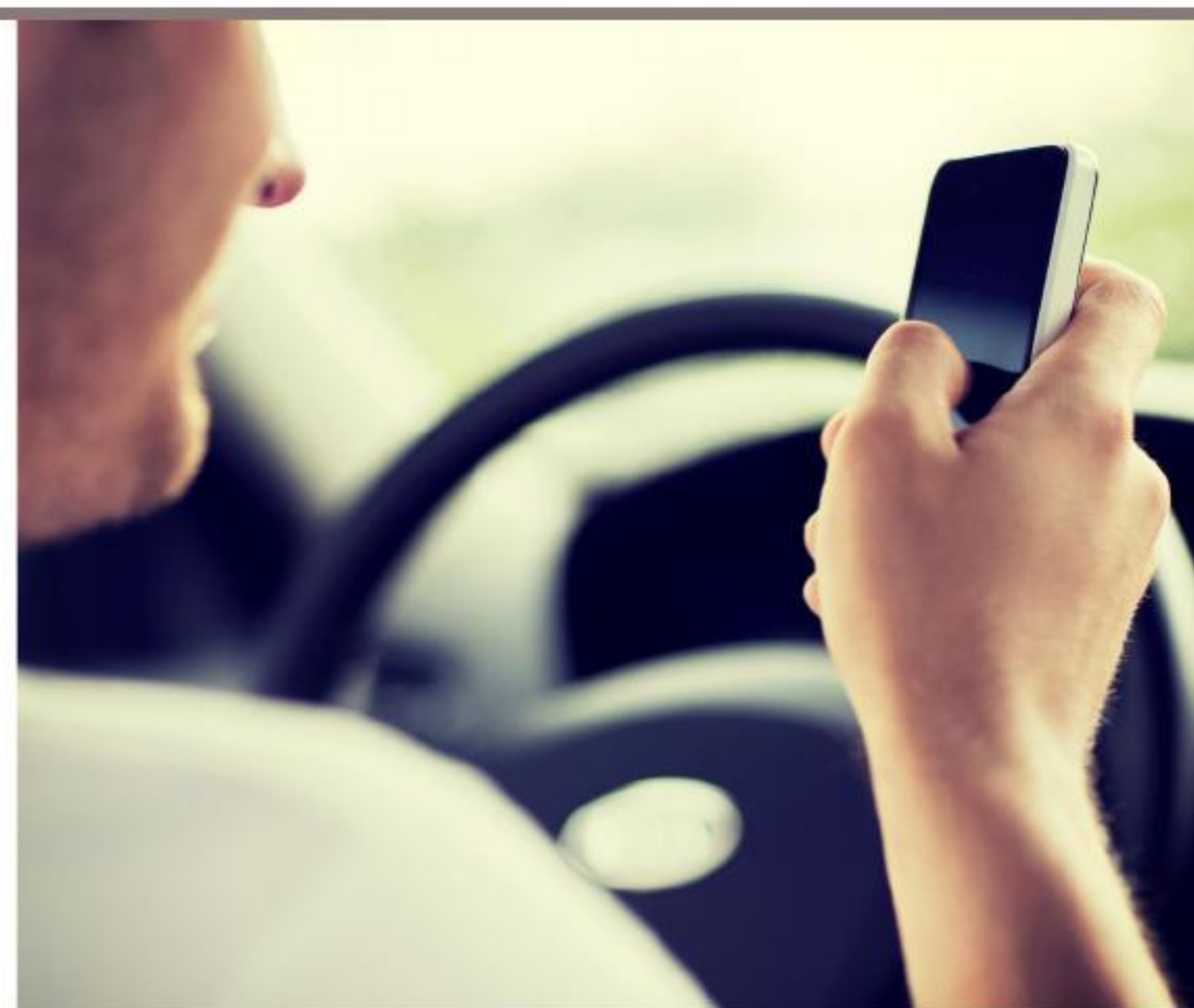
Texas resident Chance Bothe knew texting while driving was dangerous. But he still did it driving to work, college classes, or on the way home. It didn't seem like a big deal.

And then it happened. He sent a text to a friend...

- Moments later his truck went off a bridge and crashed into a ravine.
- Just before his truck burst into flames, he was pulled from the wreckage.
- But he broke his neck, fractured his skull, and sustained serious brain injuries.

**Put down the phone & drive**

If you've ever sent a text while driving, the National Highway Traffic Safety Administration wants you to know it's just as dangerous as driving blind.



In five seconds or less, your car can travel the length of a football field at highway speeds. And if you're not looking at the road, you could be in trouble. Just ask Bothe.

Every year, an estimated 3,100 people are killed, and nearly 400,000 injured because of distracted driving activities like texting.<sup>2</sup> But this is largely preventable.

### 3 ways to STOP texting while driving

**1. Pull over.** Need to send a text? Pull over and park your car in a safe place first.