



3 Reasons to Eat More Carrots

Aim to eat 2½ cups of vegetables per day

“Eh...What’s up doc?” It’s the catch-phrase coined by Looney Tunes cartoon character Bugs Bunny. The tricky rabbit usually asked the question as he munched on a carrot. So did Actor Mel Blanc. He munched a lot of carrots as the voice of Bugs Bunny for almost 50 years. When was the last time you had some carrots? It’s a vitamin-rich vegetable that’s good for your health. Check out these three reasons to eat more carrots. This root vegetable can help prevent:

- 1. Heart disease** A recent study found that eating 20 grams or more of carrots per day may cut the risk of heart disease by 20 percent. How much is 20 grams of carrots? Four baby carrots, or less than ¼ cup. The antioxidants found in carrots help prevent plaque build-up in your arteries.
- 2. Glaucoma** It’s a disease that can damage your vision. A recent study showed that women who ate at least two servings of carrots per week cut their risk for glaucoma by 64 percent.

How much is two servings of carrots? About

24 baby carrots or two whole carrots. Vitamin A found in carrots supports eye health.

- 3. Cancer** Studies show that eating carrots may reduce the risk for certain types of cancer by at least 33 percent. The reason? Carrots have an anti-cancer chemical called *falcarinol*.

Carrots also contain vitamins and nutrients good for your immune system, bones, teeth, and skin. Aim to eat 2½ cups of vegetables, including carrots, per day. Add carrots to a soup or salad. Steam and serve as a side dish. Or choose carrot sticks for a healthy snack.

Want to improve your health? Munch, crunch, and eat more carrots.

Centers for Disease Control and Prevention. @

MORE

Try these tasty carrot recipes
tinyurl.com/jf3t7lf

Practice Tai Chi for Heart Health

Try this low-impact martial-arts-style form of exercise

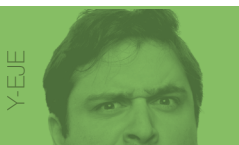
Put on some loose fitting clothes for a low-impact workout. Make your way to one of 15 parks or stadiums. And join thousands of people in China for “Enjoy Tai Chi, Enjoy Health.” That’s what happened last year when 50,000 people set a new world record for practicing this ancient form of martial arts, all at the same time.

But it’s not just a form of relaxation. It’s good for your health, too. It builds strength and balance. But it boosts more than just fitness.



A recent review found that Tai chi can also improve heart health. Researchers looked at 35 studies from 10 countries. They found that Tai chi helped lower blood pressure in people with heart disease. It also helped reduce bad cholesterol and other unhealthy blood fats.

What is tai chi? It’s a form of exercise that involves breathing, movement, balance, and meditation. It’s based on Chinese martial arts. Just about anyone can do it. It only requires slow, low-impact movements. And you don’t need any experience or special equipment.



Stair Power

You’ve heard of *star power*, right? Justin Bieber tweets a message to his 76 million Twitter followers, and it reaches a global audience in minutes. Or maybe you were among the 34 million people who watched the Academy Awards just to hear what Chris Rock was going to say. Star power can make things happen.

So can **Stair Power**. You’ll find it at the crossroad of the elevator and the stairs. Make the right choice. Take the

stairs and a selfie. Then share it on social media to motivate others along with this message:

The average person burns 600 percent more calories when they choose to take the stairs vs. the elevator.



COMMENTS?

Send comments to the editor:
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RECIPE

Carrot Raisin Bread

Like sweet breads? Try this recipe. It's low in saturated fat, calories, and cholesterol.

Ingredients

- 1-½ C flour
- ½ C sugar
- 1 tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- 1-½ tsp ground cinnamon
- ¼ tsp ground allspice
- 1 egg, beaten
- ½ C water
- 2 T vegetable oil
- ½ tsp vanilla
- 1-½ C carrots, finely shredded
- ¼ C pecans, chopped
- ¼ C raisins

Directions

1. Preheat oven to 350 degrees. Lightly oil loaf pan.
2. Mix dry ingredients in large bowl. Make a well in center of mixture.
3. In separate bowl, mix remaining ingredients. Add this mixture all at once to dry ingredients. Stir to moisten and mix up carrots.
4. Pour into pan. Bake for about 50 minutes.
5. Cool 5 minutes in pan. Remove from pan and cool on wire rack.

U.S. Department of Health and Human Services.

The Danger of Texting While Walking

Pedestrians need to minimize distractions, too.

It's no secret that texting while driving is dangerous. Most states have laws that prohibit texting while driving. Research shows you're 23 times more likely to get in an accident while texting than keeping your hands on the steering wheel.

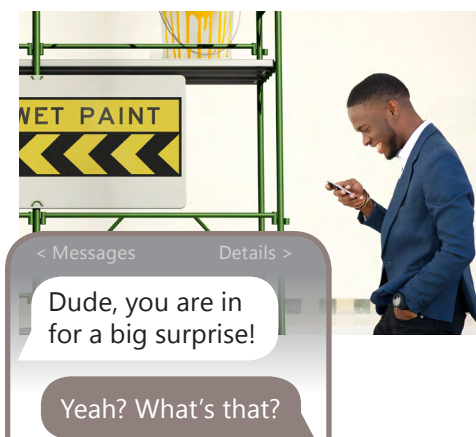
But what about texting while walking?

It's a problem. Imagine this. You're walking along, staring down at your phone. You're laughing and smiling at a conversation on social media. Your fingers move quickly across the screen. Tap, tap. Swipe, swipe. And all of the sudden, Bam! You run into a lightpole. A car honks while you mindlessly cross the street without looking. Or you fall into a fountain (yes, it's actually happened).

Or worse.

A new report found that pedestrian deaths in the United States jumped 10 percent in the past year. It's the largest increase ever recorded. Growing cellphone use by drivers and walkers may be to blame.

Almost one in three pedestrians is distracted by a mobile device while crossing busy roads.



People who walk and text are more likely to:

- Take longer to cross the street
- Ignore traffic signals
- Jaywalk
- Fail to look both ways before crossing

Texting while walking may seem harmless enough. But if you're staring down at your phone with your thumbs moving rapidly across the screen, you're not paying attention to what's in front of you.

Don't be a "petextrian" (someone who texts or tweets while walking). Even walkers need to minimize distractions to stay safe.

British Medical Journal. Consumer Product Safety Commission. Governors Highway Safety Association. @

Practice Tai Chi for Heart Health (continued from page 1)

Take a Tai chi class, check out a DVD, or follow along on a YouTube video. "As long as one has three square feet of space, one can take a trip to paradise," said Tai Chi Master T.T. Liang.

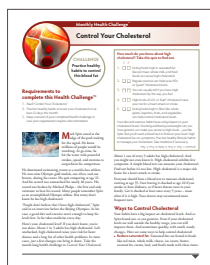
VIDEO

18 movements of Tai chi for beginners
tinyurl.com/ztner9l

"You can stay there for 30 minutes without spending a cent."

Tai chi. It's good for your heart and your health.

Journal of the American Heart Association. National Institutes of Health. @



Take the April Health Challenge!

Control Your Cholesterol: Practice healthy habits to control cholesterol

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What are some healthy ways to reduce stress?



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