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# Well NEWS

A Monthly Insight into Health and Wellness



## Laughter - Your Best Medicine

Many people think that they should have a strict weight loss diet, a punishing exercise program, a limited salt and fat intake, and a grueling regimen in order to be healthy. However, prominent cancer specialist David Sobel, M.D. said, "the reality is that healthy people tend to be pleasure seekers with a sense of humor rather than rigid lifestyle adherents." Laughter appears to be more than just a coping mechanism to face major illnesses. It can reduce stress hormones and boost the immune system.

Laughter not only refreshes the spirit but has physiological benefits as well. Laughter brings many benefits to your life including easing muscle tension, increasing pulse and breathing, and improving blood circulation and immune system function. A recent study showed that increased breathing from laughing clears out the dead spaces in our lungs, the areas that do not get air normally. Through laughter we also stretch muscles through our face and body and our pulse and blood pressure go up sending more oxygen to our tissues. In essence, a good laugh amounts to a small workout!

One study on residents in a long-term care facility suggested that residents who were exposed to humorous films on a regular basis were more satisfied and more contented with life.

If you can get some laughter in your life, you will be a lot better off. And healthier too!

### Health Benefits of Laughter:

- Improved physical health
- Improved mental health
- Improved emotional health
- Improved spiritual health
- Released tension in the diaphragm
- Relieved pressure on the liver and other organs
- Enhanced immune system
- Reduced stress
- Balanced body's natural energy
- Improved sense of well-being



### Newsletter Quiz

1. What health benefit do you get from laughter?
2. Why is your diet essential to helping you lose weight?

To earn your Wellness Incentive Points, e-mail your response to  
[Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by August 31, 2013.





## DIET Vs. EXERCISE WHICH MATTERS MOST?

Ideally, everyone would work out and eat right all of the time. But, that does not always happen. Here is what matters most when it comes to a few key areas of health.



### TO LOSE WEIGHT .....The winner: Diet

The reason: Cutting calories from your diet is the most direct route to a smaller dress size. It is much easier to cut 500 calories from your diet than to burn 500 calories at the gym. But when it comes to keeping the weight off, both diet and exercise are essential.

### TO BOOST ENERGY .....The winner: Exercise

The reason: Exercise causes the brain to pour out invigorating neurotransmitters. If you train consistently, you too will feel surges of energy.

### TO REDUCE RISK OF HEART DISEASE .....The winner: Diet

The reason: Although working out does strengthen your heart it is not as much as the effects that omega-3 fatty acids can have. In studies, it is shown that omega3s can lower heart disease risk by up to 64 percent.

### TO PREVENT DIABETES .....The winner: Exercise

The reason: Having a healthy weigh is the strongest defense against diabetes. But the active muscles achieved by physical activity gobble up glucose from the blood for fuel and keep blood sugar levels stable.

### TO PREVENT CANCER .....The winner: Diet & Exercise

The reason: Eating a mostly plant-based diet and exercising regularly remain the gold standard for warding off cancer. The more consistently you workout, the greater the protection.

### TO IMPROVE MOOD .....The winner: Exercise

The reason: 20-minutes of exercise can boost your mood for up to 12 hours! Exercise can be as effective as medication for treating depression in some people. It can also cause changes in the brain that strengthen your resolve against stress.

## Exercise OF THE MONTH

### Tricep Dip

Sit on the side of a chair or bench. Place your hands on the edge of the bench beside your hips. Position feet away from the bench. Straighten arms, slide rear end off of the edge. Lower your body by bending your arms until a slight stretch is felt in the chest or shoulders. Make sure to keep your spine straight and lower your tailbone straight to the ground. Raise your body and repeat.

