



WELLNESS NEWSLETTER

July 2025

 **WORKPLACE WELLNESS**
MEMBERSHIP

 **EMPLOYEE WELLNESS**
SOLUTIONS NETWORK

HIGHLIGHTS for the [July 2025 Newsletter](#)

Make Your Water Bottle Your BFF This Summer

Sugary drinks and hot temps don't mix. Use these 6 hydration tips to stay sharp, energized, and cool...even when the grill is going.

Slice Into Summer: 5 Reasons to Eat More Avocados

From better heart health to smaller waistlines, here's why this creamy fruit deserves a spot on your plate (or your toast) this month.

Meal Memory: How Your Brain Remembers What You Ate

Ever forget what you had for lunch and end up snacking nonstop? Learn how your brain's hunger tracker works and how to make it work for you.

Y-Axis: This Floss Knows When You're Stressed Out

Scientists created a dental floss that measures cortisol (yes, stress hormones). Coming soon: a toothbrush that critiques your mood.

Recipe: Avocado & Corn Salad

Looking for a healthy summer dish? This refreshing avocado and corn salad is full of flavor and easy to make. Bonus: only 67 calories per serving.

Ask the Wellness Doctor: Can reading food labels improve your eating habits?

Yes, but only if you pay attention. Find out what to look for and how label-reading can help you eat better and feel better.

Health Challenge: Eat Fruit Daily: Eat 1.5 to 2 cups of fruit per day

No face full of pie required. Just aim for 1.5 to 2 cups of fruit each day. This month's challenge gives you a fresh way to snack smart, live longer, and enjoy nature's candy.



THE Y-AXIS



This Floss Knows When You're Stressed Out

Feeling frazzled? Your dental floss might soon file a report.

Now there's a saliva-sensing floss that measures cortisol (a key stress hormone) while you clean your teeth.¹

Because apparently brushing off a bad day isn't enough. Now you need lab-grade diagnostics between your molars.

On the plus side, flossing could one day give you real-time feedback on your stress levels.

On the downside, your mouth might start judging you even harder than your smartwatch.



COMMENTS?

Send comments to the editor:

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Hot Outside? Your Water Bottle Is Your BFF

6 hydration tips to help you stay cool this summer

It's hot outside. You're sweating. The grill is going. And someone just handed you a soda.

But if you want to stay sharp, energized, and cool this summer, the better choice is water.

Drink more water

Why? Sugary sodas and alcohol actually increase your risk for dehydration.

In the short term, that can

lead to fatigue, brain fog, and heat-related illness.

Not exactly the summer vibe you're going for. Right?

Instead, make your water bottle your BFF this summer.

Water helps...

- Your brain, muscles, joints, and digestion work better.
- Regulate body temperature.
- Support healthy weight and energy levels.²

So how much water should you drink?

WATER ►



Slice Into Summer for National Avocado Day

Discover 5 toast-to-tacos health benefits of avocados

Sure, guac is great. But did you know July 31 is National Avocado Day?

It's basically a green holiday! In California, where 90% of U.S. avocados are grown, celebrations get a little extra.

Avocado art contests, avocado-themed yoga

classes, and even an avocado-toast wall for selfies.

And while you might not be blending avocados into a smoothie mid-yoga in Santa Cruz, you can still join the fun wherever you are.

Here's how: Eat more avocado.

Slice it into summer salads.

Mash it onto toast with a squeeze of lime.

Add it to wraps, smoothies, or even

AVOCADO ►



Meal Memory: Your Brain Has a Built-In Hunger Tracker

Study: Past meals influence future hunger

Ever forget what you ate for lunch, then find yourself raiding the fridge two hours later?

Your brain might be partly to blame, or more specifically, the part that handles memory.

Your brain is a meal-memory machine

A recent study found that neurons in the part of your brain linked to memory and emotion actively record meal-related information.⁴

In lab tests, these neurons fired up during eating and stayed active afterward, forming what researchers call a kind of “meal memory.”



Train your built-in hunger tracker

If your brain remembers how filling your last meal was, you're less likely to overeat at the next one.

But if lunch was a blur between Zoom calls or eaten while scrolling emails, that memory might

not stick. And your appetite might come roaring back. Sound familiar?



Beware of mindless eating

The takeaway: mindless eating isn't just bad for digestion, it can confuse your brain's hunger signals too.

How to strengthen your meal memory

Slow down. Look at your food. Smell it. Actually taste it.

When you pay attention, your brain can log the whole experience, not just the calories.

So next time you eat, give that meal or snack your full attention. Your brain isn't just along for the ride, it's taking notes.

And stronger meal memories might help you avoid over-eating and unnecessary snacks.



► AVOCADO



How to pick the perfect avocado
<https://tinyurl.com/47fb5e8t>

desserts (really!)

Or just scoop and eat with a spoon



5 cool health benefits of avocados

Avocados aren't just trendy...they're good for you too. This creamy fruit is packed with nutrients like healthy fats, fiber, potassium, and antioxidants.

In one recent study, researchers found that people who eat avocado regularly tend to have:

1. **Lower** risk for heart disease
2. **Better** overall diet quality
3. **Improved** gut health
4. **Lower** levels of “bad” LDL cholesterol
5. **Smaller** waistlines

One half of an avocado has about 120 calories, but it's loaded with monounsaturated fat...the kind that supports heart health and helps you feel full longer.

Pro tip: Want your avocado to ripen faster? Store it in a brown paper bag with a banana.



Recipe: Avocado & Corn Salsa

Looking for a healthy, no-fuss dish for your next picnic, potluck, or meal?

This refreshing avocado and corn salsa is easy to make, full of flavor, and perfect for warm-weather days.⁵ Serve it as a dip with whole-grain chips, a topping for tacos, or a side dish all on its own.

Ingredients

- 1 large avocados (diced)
- 3/4 C corn (frozen, thawed)
- 1/2 C grape tomatoes (quartered)
- 1 T fresh cilantro (chopped)
- 2 tsp lime juice
- 1/4 tsp salt



Directions

1. Peel and dice avocado. Quarter tomatoes. Finely chop cilantro.
2. Toss avocado, corn, tomatoes, cilantro, lime juice, and salt in a medium bowl.
3. Chill one hour before serving.

Serves 5. Calories per serving: 67.

► WATER

Most adults need around 40 to 64 ounces of water per day—and more if you're active, outside, or sweating in the sun.

6 Easy Ways to Drink More Water This Summer:

1. **Carry** a reusable water bottle and sip throughout the day.
2. **Set** reminders on your phone or watch to drink regularly.
3. **Swap** soda and sugary drinks for water or herbal iced tea.



Daily water recommendations
<http://tinyurl.com/ybdlv289>

4. **Add** fruit or herbs like lemon, lime, or mint for flavor.
5. **Use** a hydration-tracking app or challenge a friend.
6. **Start** and end your day with a full glass of water.

Your water bottle isn't just a summer accessory.

It's your BFF for staying hydrated, healthy, and protected from heat-related illness.

Keep it close. Sip often. Your body and brain will thank you.



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Ask the Wellness Doctor: Can reading food labels improve your eating habits?
Health Challenge: Eat Fruit Daily: Eat 1.5 to 2 cups of fruit per day

WellNotes
JULY 2025



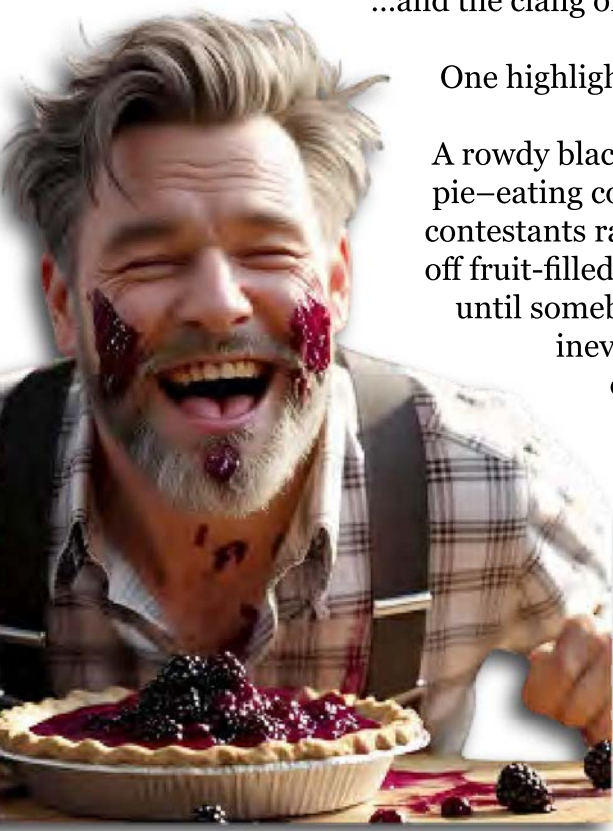
Eat Fruit Daily

Eat 1.5 to 2 cups of fruit per day

Requirements to complete this HEALTH CHALLENGE™:

1. Read "Eat Fruit Daily"
2. Eat 1.5 to 2 cups of fruit per day.
3. Keep a record of your completed health challenge in case your organization requires documentation.

Every July at the Lowell Blackberry Jam Festival in Oregon, the air is filled with the scent of warm fruit ...and the clang of competition.



One highlight?

A rowdy blackberry pie-eating contest, where contestants race to polish off fruit-filled berry pies until somebody inevitably sneezes or splatters the crowd!

While you don't need goggles for this one, you can turn

eating fruit into a healthy daily habit.



That's where the **Eat Fruit Daily** challenge comes in.

The goal: Eat 1.5 to 2 cups of fruit per day.

Whether it's berries, apples, bananas, or oranges...

Adding fruit to your diet helps your heart, digestion, and overall wellness.

No face full of pie required.

Just delicious flavors packed with nutrients that your body will love.

Ready to get started?





The Dietary Guidelines for Americans recommends adults eat 1.5 to 2 cups of fruit per day for best health.

Fruit Fail: Most adults miss the mark

*How much fruit do you eat per day?
Chances are pretty good it's not enough*

Only 12 percent of adults eat the minimum amount of fruit, according to a recent study.¹



Daily fruit recommendations:

The U.S. Department of Agriculture recommends adults eat:

- 1.5 to 2 cups of fruit per day.²



Eat your favorite fruits

Take a look at what you typically eat in a day.



Are you regularly eating things like:

Bananas, strawberries, grapes, blueberries, oranges, apples, watermelon or cantaloupe?

Eat Fruit Daily



The Fruit-Fact or Fiction Quiz

How much do you know about fruit and your health? Take the quiz to find out.

T|F

- ☐ ☐ Antioxidants in fruit can lower the risk for heart disease, high blood pressure, certain types of cancer, and other chronic conditions.
- ☐ ☐ Only 1 out of 3 adults eat fruit two or more times per day.
- ☐ ☐ Eating fiber-rich fruits can improve digestion, control cholesterol, and aid in weight management.
- ☐ ☐ At 100 calories per serving, a single banana has more calories than most fresh fruits.
- ☐ ☐ At around 25 calories per serving, cantaloupe, nectarines, and plums contain fewer calories than most fresh fruits.

How did you do? Check your answers below. Then grab an apple or your favorite fruit.



✔ Most adults should eat about **1.5 to 2 cups or servings of fruit per day**. But most don't.

✘ Only **12%** of adults eat the recommended amount of fruit per day.

Some fruits can be high in calories, but they're still a healthier snack than candy bars and potato chips.

Answers: 1. True. 2. True. 3. True. 4. True. 5. True.

If not, it's time to level up your fruit game.

- **Add** fresh fruit to breakfast
- **Blend** it into a smoothie
- **Pack** it in your lunch, or...
- **Snack** on fruit between meals.



Ready to learn more about the health benefits of fruit + ways to add more fruit to your diet?

FRUIT ►



Juicy Reasons to Eat More Fruit



Looking for an easy way to improve your diet? Eat more fruit.

Most fruits are naturally low in calories, fat, and sodium, and they're cholesterol-free.

They're also packed with vitamins, antioxidants, fiber, and water, unlike most ultra-processed snacks.

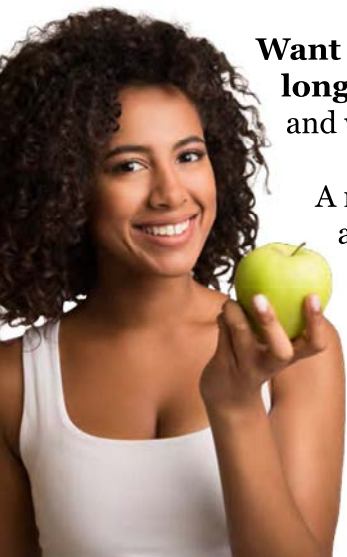
Check out these juicy and healthy reasons to eat your favorite fruits:

✓ 1. Live longer

Want to boost your odds of a long, healthy life? Eat more fruit and vegetables.

A recent study found that eating at least **2 servings of fruit** and 3 servings of vegetables per day helped people live longer and lowered the risk of:

- Heart disease
- Stroke
- Cancer, and...
- Lung-related conditions.³



✓ 2. Control blood pressure

Did you know about 50 percent of all adults have high blood pressure?⁴

It's a risk factor for heart disease, stroke, and other health problems.

- Research shows eating fruits like apples and berries can help control blood pressure.⁵



✓ 3. Improve cholesterol

How's your cholesterol level? Without a blood test, you probably don't know.

But when LDL (bad) cholesterol is high, it's a risk factor for blocked arteries and other health problems.

The good news: Research shows eating fruits like apples, pears, oranges, and other citrus fruits can help control cholesterol.⁶



Eat Fruit Daily

FRUIT ►

Fresh Ways to Eat Fruit Daily

Give these simple ways to eat more fruit a try



If you're in the habit of eating 1.5 to 2 cups of fruit per day, keep it up.

If you're not, here are some ways to boost your daily dose of fruit:



Breakfast

- **Top** whole-grain cereal or oatmeal with peaches or berries.
- **Blend** a smoothie with frozen fruit and low-fat yogurt.
- **Grab** an apple or banana on your way out the door.



Lunch

- **Hit** the salad bar for fresh fruit like pineapple, watermelon, or pears.
- **Pack** your lunch with grapes, an orange, or apple slices.
- **Add** fruit to a yogurt parfait or cottage cheese cup.



Dinner

- **Add** orange slices, dried cranberries, or grapes to salads.



FRUIT ►

► FRUIT

✓ 4. Lower heart disease risk

Heart disease is the leading cause of death in the United States.

About 703,000 people a year die from heart disease in the U.S. But it's largely preventable.

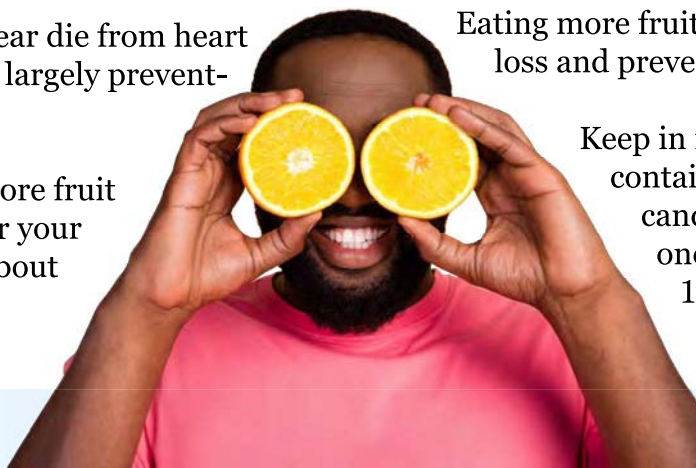
Research shows adding more fruit to your diet can help lower your risk for heart disease by about 28 percent.⁷

✓ 5. Aid in weight management

About 74 percent of all U.S. adults are overweight or obese. Poor nutrition and lack of exercise are the prime reasons for this problem.

Eating more fruit can help support weight loss and prevent weight gain.⁸

Keep in mind...some dried fruits contain as many calories as a candy bar (250 calories), and one banana contains about 100 calories.



More ways to feast on fruit

Eat these 7 superfruits

<https://tinyurl.com/5cqtpl>

How to wash fresh fruit

<https://tinyurl.com/azmje3wu>

Calories in 20 popular fruits

<https://tinyurl.com/ka8vypn>



► FRUIT

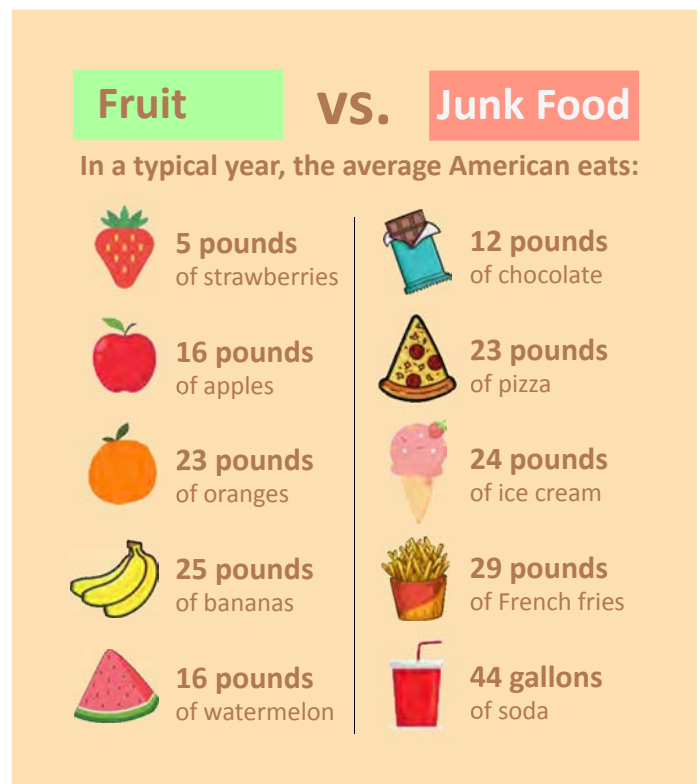
salads.

- **Try** a Waldorf salad with apples, celery, walnuts, and light dressing.
- **Mix** crushed pineapple into coleslaw or stir into rice dishes.



Snacks

- **Stock** up on fruit from the grocery store or farmers market.
- **Keep** a bowl of fruit on the counter or in the fridge.
- **Try** peanut butter on apple slices or a serving of no-sugar-added applesauce.
- **Freeze** grapes for a refreshing summer treat.
- **Top** rice cakes with sliced bananas.



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Eat Fruit Daily

Requirements to complete this HEALTH CHALLENGE™:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
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_____ Number of days this month I ate 1.5 to 2 cups of fruit.
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

NAME _____ **DATE** _____

Can reading food labels help improve your eating habits?

This simple habit can improve your food choices & your health

Ever walked into the grocery store hungry or hit the drive-thru after a stressful day?

It's easy to grab whatever looks good in the moment. That's the "See Food" diet: you see food, you eat it.

But here's the thing...most of us don't realize how much we're actually eating, especially when we rely on packaged snacks and quick meals.

❌ That may be one reason why about **74% of adults in the U.S. are overweight or obese.**¹

✅ If you're trying to lose weight or just eat healthier, there's one simple habit that can help: **Read food labels.**

A recent study looked at how food label use affects eating habits in nearly 5,000 people.²

Researchers found a strong



Pay attention: Reading food labels can improve your eating habits and your health.

link between label reading and healthier choices:

✅ **Healthier choices:**

- People who always or almost always read labels scored significantly higher on overall diet quality.

✅ **More whole foods:**

- They ate more fruits, vegetables, yogurt, and baked meats.

✅ **Less junk food:**

- They ate fewer chips, candy, and soda.

When you **read food labels**, you're more aware of what you're putting in your body, and that awareness often leads to better decisions.

LABELS ►



▼ LABELS

Read Food Labels: Here's What to Look For

✓ **Serving Size:** Start here. Many packages contain more than one serving—even if they look like a single portion.

- If you eat the whole thing, you'll need to multiply the calories and nutrients accordingly.

✓ **Calories:** This tells you how much energy you get from one serving.

- Most adults need around 2,000 calories per day, but individual needs vary.

✓ **Macronutrients:** Check amounts of protein, fat (especially saturated and trans fats), carbs, fiber, and added sugars.

- These affect how full you feel, how your body processes food, and how your weight changes over time.



Reading food labels can help you make smarter & healthier choices.

✓ **Sodium:** Most adults should aim for less than 2,300 mg of sodium per day.³

- Too much sodium raises the risk for high blood pressure and heart disease.

✓ **Ingredients:** Simple is better.

- **A shorter list** with familiar ingredients usually means less processing.
- **A long list** of additives or chemical-sounding names? That's a red flag.



What about eating out?

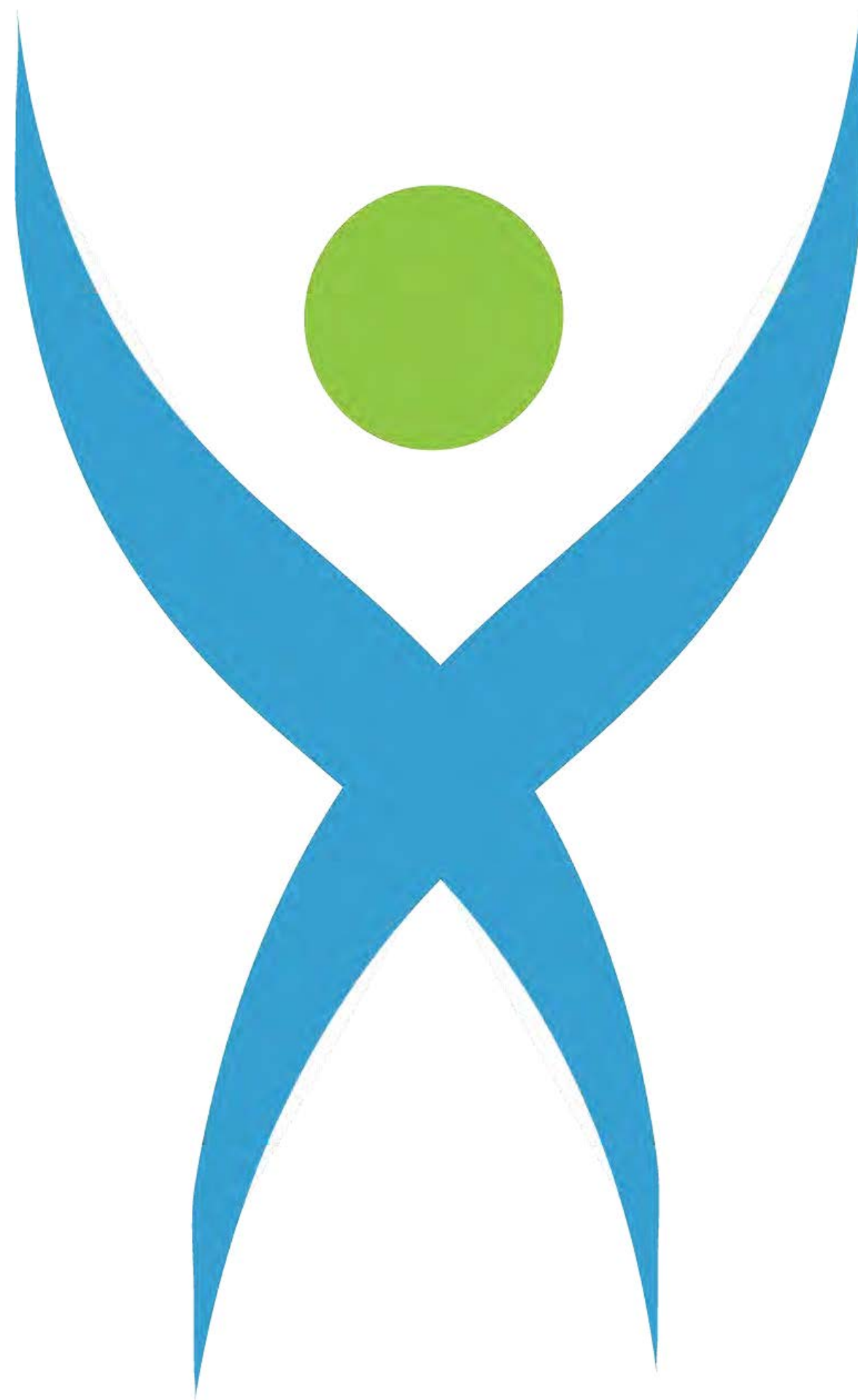
If a restaurant has 20 or more locations, it's required by law to post nutrition information—either on the menu or online.

Bottom line: Over time, the simple habit of reading food labels can help you eat better, feel better, and even lose weight.

Try this: Pick one packaged food you eat regularly, like your go-to granola bar or salad dressing, and really read the label. Then decide if it's good enough to eat.

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