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## Level up your workout for longevity

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the long game by mbg <hello@hello.mindbodygreen.com>  
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Tue, May 14, 2024 at 3:02 AM

# mindbodygreen

May 14, 2024

Presented by  **betterhelp**

Good morning! I have a thyroid condition called Hashimoto's (where the immune system attacks the thyroid gland). Some of you may be familiar as thyroid disease is a rising health condition for women. This begs the question: if it's so common, why isn't there more research on treating it? Outside of meds, is there a diet to follow? Is it tied to anxiety? (For me, it sure seems like it.) When trying to find answers I feel like I'm diving into an abyss.

So in honor of National Women's Health Week, this send spotlights research tied to hormonal conditions women carry. Because there is so much we endure, we deserve answers.

If you have thyroid disease, **what resources do you turn to? Have you found cutting out specific foods helped?** I'd love to hear about your experience to inspire mine.

—Michelle Vartan, writer & editor

## Exercising harder could get you farther

An experiment that studied lipids in human muscle tissue showed moderate to vigorous exercise could promote longevity.<sup>1</sup>

**First, let's define a lipid in simple terms.** Lipids are organic compounds that essentially make up the structural building blocks and function of cells. There are many types of lipids with varying jobs, some of which may play a role in longevity.

Previous research has shown that **an accumulation of a lipid known as BMP is linked to aging.** Here's what this new study discovered:

- When examining the muscle tissue of both older and younger people, indeed researchers found a larger build-up of BMP levels in older individuals. (Add it to the list, right?)
- They also found that certain interventions such as **moderate to vigorous exercise lowered BMP levels** in postmenopausal females.

To clarify, moderate to vigorous exercise was not defined in this study but here's an **age-old trick for measuring exercise intensity:**

- If you can talk but not sing, you're exercising moderately.
- If you can only say a few words before gasping for breath, you're exercising vigorously.

**The Gist:** To help set yourself up for a long life, consider incorporating exercises where it's hard to talk.

+ Level up

- Try this 16-minute [HIIT cardio workout](#)
- Get energized with a [trampoline cardio workout](#)
- Pump it up with [the best dumbbell exercises \(for all levels\)](#)

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## The unexpected benefits of talk therapy



Talk therapy is a powerful resource for stress, anxiety, and depression. But can it improve our physical health, too?

- A research review found that psychotherapy was effective at **decreasing chronic pain syndromes, migraines, and IBS.**<sup>2</sup>
- In a study in 1,563 patients with heart disease, those who received mental health treatment were 75% less likely to be rehospitalized.<sup>3</sup>
- A study in 21 young adults with high anxiety found that mindfulness-based **cognitive therapy improved bacterial diversity in the gut microbiome.**<sup>4</sup>

Our body and mind are more connected than we may realize, and therapy can help us nurture that connection. But does it have to be so expensive?

Not only is online therapy with [Betterhelp](#) more affordable and convenient, studies

have found that telehealth is just as effective as in-person therapy.<sup>5</sup> Is it time to reach out for help? Your health deserves it.

Save 25% on your first month of therapy.

## Important nutritional research for women is on the horizon

It's National Women's Health Week, which is an important time to talk about nutrition. For many American women, it's a lifelong battle with hormones playing a role. From early years to mothering to menopause, we are susceptible to becoming overweight, anemic, and more. Nevertheless, women's nutritional research has been lacking, so today we're encouraged to learn that one university has just been granted funds to investigate.<sup>6</sup>

The National Institutes of Health awarded the University of Idaho 11 million dollars to create a biomedical research center that will study women's nutritional health. We, for one, are eager to find out what they learn about the following:

- Impact of postpartum Vitamin D supplementation on maternal depression
- Heightened risk of type 2 diabetes among Hispanic women
- Health ramifications for women with a "normal" body weight that still stores excess fat, similar to an obese person

**The Gist:** The government views understanding women's nutritional and hormonal health as a value to our society. (Welcome to the club.)

+ Feed Your Hormones

- What experts really think of [hormone-balancing diets](#)
- Why [Vitamin D](#) is so important
- Naturally manage hormones [with tips from OB/GYNS & RDS](#)

## Just Desserts



Credit: **Hannah Schwob** / mindbodygreen

- Replace your nightly indulgence with this [chocolate collagen shake](#)
- Up your healthy fat intake with this [avocado oil cake](#)
- [11 dessert recipes](#) made with dates for a naturally sweet treat
- Level up dark chocolate truffles [with this one nutritious ingredient](#)

### How to make therapy affordable

Get 25% off your first month of online therapy with [Betterhelp](#). Match with your perfect therapist and get help on your terms.



[Click to feel better.](#)

### Game On with Alex Morgan



We love celebrating women on top of their game. In our new series, Game On, we're interviewing top athletes about their well-being routines—covering everything from nutrition that makes them feel strong to the moments that bring them joy. **For today's Q&A, we're interviewing soccer superstar Alex Morgan.**

### **How do you prioritize recovery?**

I've gotten to this stage of my career in which I've played for such a long time, I know what works with my body.

I know I have to prioritize sleep. I know I have to wake up and have a full glass of water. I know that I need to slow myself down mentally every now and then by doing things like breathwork or meditation.

### **What helps you fall asleep?**

Having a good wind-down strategy is important. I like to read a book before bed rather than watching a show. When I'm traveling, I like to light a candle on my nightstand to make me feel more at home. And making sure the AC is down—like 67 or 68 degrees for sure.

### **What meals help you feel strongest?**

I eat a lot of grain bowls with rice and chickpeas, black beans, or lentils. In the morning. I usually have a yogurt or a protein smoothie. In general, I find I need to eat a lot more to hit my protein goal.

### **What advice do you have for young girls in sports?**

Self-belief and confidence are the most important things. So for me as a mom, I'm trying to instill that in my daughter. I try to never suppress the opinions she has. I always want to give her the space to be confident in who she is.

**Read more about [Morgan's routine here](#).**

That's it for *the long game*—thanks for playing. Have a great week!

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*Credential check:*

- *Written by writer & editor Michelle Vartan*
- *Expert reviewed by mindbodygreen's nutrition research scientist, [Emma Engler, M.S.](#)*

<sup>1</sup> [Nature Aging](#)

<sup>2</sup> [The Journal of Psychotherapy Practice and Research](#)

<sup>3</sup> [Journal of the American Heart Association](#)

<sup>4</sup> [Frontiers in Cellular and Infection Microbiology](#)

<sup>5</sup> [Focus \(American Psychiatric Publishing\)](#)

<sup>6</sup> [KLEW](#)

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