

WELLNESS

In the News

Catch up on the latest **wellness-related developments** from the past month.**FDA Approves Foundayo, Lilly's GLP-1 Weight Loss Pill**

The U.S. Food and Drug Administration (FDA) recently approved Foundayo, Eli Lilly's oral glucagon-like peptide-1 (GLP-1) pill, for chronic weight management. Weekly injections that can spur significant weight loss currently dominate the market; however, this latest approval makes Foundayo the second GLP-1 pill cleared for weight loss, following Novo Nordisk's oral Wegovy, which entered the market in January.

Foundayo contains the active ingredient orforglipron. Unlike oral Wegovy, which must be taken on an empty stomach with water, Foundayo can be taken at any time of day without food or drink restrictions, a feature Lilly says may improve adherence and broaden use.

The FDA's decision was based on data from Lilly's Phase III ATTAIN clinical trial program, which enrolled more than 4,500 adults. In ATTAIN-1, participants taking the highest dose of Foundayo lost 12.4% of their body weight over 72 weeks, compared with a 0.9% loss in the placebo group. Weight loss results were dose-dependent and accompanied by improvements in several cardiometabolic risk markers, including blood pressure and cholesterol. While the pill forms of GLP-1 drugs appear to be somewhat less potent, they are likely more convenient to take, which could substantially broaden the use of GLP-1s for weight loss.

Foundayo is available through LillyDirect, the manufacturer's direct-to-consumer platform, and broader availability is continuing to roll out to telehealth providers and local retail pharmacies. People with commercial insurance could have monthly copayments as low as \$25 with a savings program, according to the drug manufacturer. For self-pay consumers, prices are expected to range from \$149 to \$349 per month, depending on dosage. Additionally, eligible Medicare Part D individuals may be able to get Foundayo for \$50 per month, beginning as soon as July 1.

For personalized and sustainable weight loss strategies, consult your health care provider. They can help tailor a plan that fits your unique needs and circumstances.

Varying Exercise Can Add Years to Your Life

If your workouts tend to look the same week after week, new research suggests it may be time to mix things up, and your health could benefit in a big way. [A large international study](#) found that people who regularly engage in a variety of physical activities live longer than those who stick to just one form of exercise. The findings add a new layer to long-standing advice around staying active, showing that how you move matters just as much as how much you move.

Researchers analyzed data from more than 110,000 adults across two long-running studies, tracking participants' physical activity habits over three decades. Rather

than focusing solely on exercise duration or intensity, scientists examined exercise variety, including activities such as walking, swimming, gardening, yoga and racquet sports. Participants who engaged in the widest range of physical activities had a 19% lower risk of death from all causes than those whose routines lacked variety, even when overall exercise levels were similar. Health experts say that kind of reduction is meaningful.

Variety in physical activity is important because different types of movement place distinct demands on the body. Engaging in a range of exercises can enhance strength, balance, flexibility, endurance and coordination. Health experts note that incorporating multiple forms of activity through cross-training may also reduce the risk of overuse injuries and support overall physical resilience with age. In addition to structured exercise, routine activities such as yard work or recreational sports can contribute meaningfully to these health benefits.

This approach does not require strenuous workouts or specialized equipment. Health officials continue to recommend at least 150 minutes of moderate-intensity physical activity each week, but rotating among different activities may help individuals maintain consistency and long-term participation. Variety can also help sustain motivation and reduce the likelihood of burnout associated with repetitive routines.

Consult with a health care provider to discuss which types of exercise are most appropriate for your individual health status, abilities and goals, and to develop an activity plan that supports safe, long-term wellness.

CDC Report Shows the Dangers of Kava, Kratom

As more Americans cut back on drinking, a growing market of alcohol alternatives promises relaxation or a buzz without the health risks of alcohol. But [a new report](#) from the Centers for Disease Control and Prevention (CDC) suggests that some of these substances may come with serious dangers of their own.

In a study published in the CDC's Morbidity and Mortality Weekly Report, researchers documented a sharp rise in poison center calls linked to products containing kava, particularly when used alongside kratom, two

plant-based substances often marketed as healthier alternatives to alcohol. Kava, a plant native to the Pacific Islands, has traditionally been used in ceremonial settings, but in the United States, it is now widely sold in concentrated extracts and ready-to-drink beverages.

The CDC analyzed poison control data from 2000 to 2025 and found that kava-related exposure reports have steadily increased since 2011, reaching more than 200 cases in 2025 alone. Even more concerning, about one-third of those cases involved the combined use of kava and kratom, a psychoactive substance with opioid-like effects. This rise in co-use coincided with a doubling of serious medical outcomes, including hospitalizations and life-threatening reactions.

While many users perceive these products as natural or safe, health experts warn that marketing often downplays the risks. According to the CDC, nearly half of kava-related poison reports also involved other substances, such as alcohol or benzodiazepines, increasing the likelihood of adverse effects. Reported symptoms ranged from nausea and dizziness to liver toxicity and severe neurological issues, with several deaths recorded over the study period.

Health experts urge individuals to use caution with products marketed as alcohol alternatives and discuss with a health care provider before any use of kava, kratom or other substances.

Stay tuned for more wellness-related news and developments.