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fit 4 life

December/2017

**#SeeRed**

World AIDS Day  1 December 2017

World AIDS Day is a global initiative to raise awareness, fight prejudice and improve education about HIV, the virus that causes AIDS.

Around the world, about 37 million people are living with HIV. In the United States, about 37,600 people get infected with HIV every year.

The only way to know if you have HIV is to get tested. It's important that everyone ages 15 to 65 gets tested for HIV at least once. Some people may need to get tested more often.

How can you make a difference on World AIDS Day?

We can use this day to raise awareness about HIV/AIDS, encourage people to get tested, and take action to support people living with HIV.

Here are just a few ideas:

- Encourage people to get tested for HIV. Let them know that some health clinics offer free HIV testing.
- Talk to parents about teaching their kids the basics of safe sex.
- Wear a red ribbon, the symbol of HIV awareness and support.

**F**act the average person gains 5-10 pounds during the holidays. Changes in eating, sleeping, and activity are key factors.

**P**escetarianism, or pesco-vegetarianism, means being vegetarian while still including seafood in your diet. One still cuts out red meat, pork, poultry, etc. from their diet like a vegetarian, but does not cut out fish and other seafood.

According to The New York Times, meat consumption in the United States has doubled in the last 50 years. In addition, cancer, heart disease, stroke, obesity also increased over the past 50 years. Some doctors believe that the increase in the trends may go hand in hand.

The 3 reasons below may make you want to try a pescetarian diet for 30 days.

- 1) A pescetarian diet may not only reduce your risk for heart disease and other cardiovascular diseases, but also osteoporosis, obesity, diabetes, arthritis, high blood pressure and some types of cancer. According to the *Yale College Vegetarian Society*, experts say that up to 80 percent of cancer cases are preventable through healthy diets that contain low amounts of fats and oils and high amounts of fiber which is the model pescetarian diet.
- 2) Fish is high in iron and omega-3 fatty acids. In addition, fish is the only true source of the omega-3 acids DHA and EPA. There is no supplement that needs to be taken when land animals are cut out of the diet.
- 3) A pescetarian diet is better for the environment. Raising animals for food requires massive amounts of land, food, energy and water. A staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture, according to a report published by the *Worldwatch Institute*.



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**\$6,000**

Employer cost per employee  
 that smokes

## Natural remedies



- **TREAT ANXIETY NATURALLY:** Instead of taking addictive medication you can treat anxiety by drinking three cups of chamomile tea per day, breathing in lavender and adding 1 to 3 grams of omega –3 fatty acids to your diet daily.
- **PREP FOR PREGNANCY:** Adding peas to your diet while pregnant is a natural way to increase your iron and folic acid. Both of which are both important for women before and during pregnancy.
- **BOOST YOUR REPRODUCTIVE HEALTH THE NATURAL WAY:** Adding more tomatoes to your diet can boost immunity and reproductive health because tomatoes are rich in vitamin A.
- **NATURAL ENERGY BOOST:** Instead of grabbing an energy drink that may contain tons of caffeine and sugar, eat asparagus to get an energy boost. Asparagus offers a healthy dose of magnesium which is vital for energy.

*Written by: Lisa Sundstrom/ Wellness Director*

## December book club

*The Rules Do Not Apply: A Memoir*

by~ Ariel Levy

In 2012, at age 38, when she left on a reporting trip to Mongolia, Ariel Levy thought she had figured it out, she was married, pregnant, successful on her own terms, and financially secure. A month later, none of that was true.



Levy picks you up and hurls you through the story of how she built an unconventional life and then watched it fall apart with astonishing speed. Like much of her generation, she was raised to resist traditional rules about work, about love and

### HEALTH TIP

The American Heart Association and American College of Cardiologists have announced new blood pressure categories from 140/90 mmHg to 130/80 mmHg. This creates a new blood pressure category. The purpose of the change is to help individuals lower their blood pressure at an earlier stage of hypertension instead of waiting until the condition is more advanced.