



20 Winter Street  
Pembroke, MA 02359  
(800)242-4472  
[www.mygisc.com](http://www.mygisc.com)

August/2017

# fit 4 life

Immunizations help prevent dangerous and sometimes deadly diseases. Immunizations aren't just for kids. To stay protected against serious illnesses like the flu, measles and pneumonia, adults need to get vaccinated too.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.



We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates within our community.

Here are just a few ideas:

- Talk to friends and family members about how vaccines aren't just for kids. People of all ages can get shots to protect themselves from serious diseases.
- Encourage people in your community to get the flu vaccine every year.
- Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated.

For more information visit [www.cdc.gov](http://www.cdc.gov)

*“America’s health care system is in crisis precisely because we systematically neglect wellness & prevention.”*

*~tom harkin, politician*

**M**agnesium intake is essential to your health. A magnesium deficiency is dramatically under diagnosed because it doesn't show up on blood tests.

Some of the health challenges that have been linked to a magnesium deficiency include:

- **Hormone imbalance and PMS**
- **Fibromyalgia**
- **Heart attack**
- **Type 2 diabetes**
- **Constipation**
- **Tension and migraine headaches**
- **Anxiety depression**
- **Chronic fatigue**

Men and women have different magnesium needs. Women should aim for 310 milligrams per day, while men should aim for 400 milligrams per day. Green leafy vegetables and other foods rich in magnesium are better options opposed to a supplement.

## Natural remedies



- **Exercise to Ease Depression:** Exercise is a powerful antidote to depression and anxiety, both immediately and in the long term. Studies show that one of the major causes of anxiety is worrying about illness and health and that dissipates when you are fit.
- **Combat Constipation:** Mint and ginger teas are both proven home remedies to help alleviate digestive problems. Peppermint can relax the muscles of the digestive tract, while ginger can heat the body helping a sluggish digestive tract.



20 Winter Street  
Pembroke, MA 02359  
(800)242-4472  
[www.mygisc.com](http://www.mygisc.com)

# Break

## bad habits in 5 steps

- 1. Decide you want to change.** Convince yourself that you are able to achieve change. All psychological models of change emphasize the importance of commitment as a necessary first step. If you don't see a problem, you won't work on changing your behavior. The more honest you are with yourself about the nature of your bad habit, the more likely you will be to start on the path toward change.
- 2. What is the pay off of your bad habit?** Once you figure out your inner motives and the external incentives that are driving your bad habits, you'll go a long way toward changing them.
- 3. Set reasonable goals.** Your bad habits have taken years to establish themselves. You're not going to throw them off in an instant. Decide on a realistic schedule that will work for you based on goals that you believe you can meet. If fitness is your goal you can go from zero days of exercise a week to seven days.
- 4. Measure your progress and don't be discouraged by occasional slips.** If you're going to reach your ultimate goal, you'll need to know how well you're doing on achieving the reasonable goals you've set as first steps.
- 5. Seek additional support if your habits are proving harder to change.** One of the best ways to build your inner resilience is by looking outward for support. If you're having trouble making these changes on your own, reach out to your friends, family, teachers or mentors. Group programs may also be more motivating than going it on your own.

Article compliments of: Whitbourne, Susan Krauss, PH.D  
"5 Steps to Breaking Bad Habits." *Psychology Today* (August 2011)

## August book club

**The No Meat Athlete Cookbook: Whole Food, Plant-Based Recipes To Fuel Your Workouts And The Rest Of Your Life.**

~by Matt Frazier & Stephanie Romine

Matt Frazier is a gym-goer turned marathon runner turned ultrarunner and he's also the mind behind the popular site, No Meat Athlete, where he shares his transformation from a junk-food and takeout filled diet to his current vegetarian lifestyle. In his new book, Frazier details how athletes can perform better on whole plant foods and shares 150 vegan recipes that are affordable and quick to get on the table.

## SAY WHAT?

*A new study shows that marijuana related emergency room visits by kids in Colorado have more than quadrupled since the state legalized marijuana.*

*60% of teens who abuse prescription drugs get them free from friends and relatives.*

Written by: Lisa Sundström/Wellness Director