



20 Winter Street
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December/2015

fit 4 life

DECEMBER 1st IS WORLD AIDS DAY

World AIDS Day

Get Tested. Protect yourself.

healthfinder.gov

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

It is estimated that 34 million people are living with HIV around the world. In the United States 50,000 people get infected with HIV every year.

It is important that everyone ages 15 to 65 get tested for HIV at least once. Some people may need to get tested more often.

How can World AIDS Day make a difference? We can use this day to raise awareness about HIV/AIDS by encouraging people to get tested and take action to support people living with HIV.

Here are just a few ideas:

- Inform friends and family members that some health clinics offer free HIV testing.
- Talk to parents about teaching their kids the basics of safe sex.
- Wear a red ribbon to symbolize HIV awareness and support.

For more information visit: www.healthfinder.gov

“The ability to be in the present moment is a major component of mental wellness.”

-Abraham Maslow

SLT which stands for strengthen, lengthen and tone is a new workout sweeping across America.

Through a combination of intense cardio intervals combined with weights and Pilates, this workout sculpts, lengthens and tones muscles while lowering body fat.

For more information on SLT visit: www.sltnyc.com

\$882.00 is the average amount Americans will spend on gifts this holiday season, according to the *American Research Group, Inc.*



FACT:

Every year over 1.2 million students drop out of high school in the United States. That is one student every 26 seconds or 7,000 per day. The top three reasons according to the United Way is (1) minimal parental engagement, both emotionally and financially (2) low academic performance (3) family economic needs.



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go green SMOOTHIE

broccoli lemon cucumber
 kiwi apple grapes
 ice water

Add the ingredients in a blender and blend until smooth.

INGREDIENTS:

- 1/2 cup water
- 1 cup green grapes
- 1/4 cup chopped cucumber
- 1/2 kiwi, peeled
- 1/2 medium apple, seeded
- 3/4 cup chopped fresh broccoli
- 1/2-inch-thick slice of lemon, peeled
- 1 cup ice cubes



Vegetarian

RAW



**Sugar
Shack**



\$852.70

is the average monthly cost a family of 4 spends on groceries, according to the US Department of Agriculture.

Tip Corner

- **BANISH PSORIASIS:** Treat psoriasis the natural way by taking a daily supplement of turmeric and a refrigerated probiotic. Add a seaweed body cream to your daily regimen as well.
- **BATHE IN EPSOM SALTS:** Taking a warm bath in Epsom salts can help your body replenish magnesium levels as your skin absorbs the salt.
- **WAKE UP WITH LEMON:** Drink a glass of cold water with fresh squeezed lemon every morning. It will hydrate, boost your vitamins and has fat burning benefits.
- **EASE DEPRESSION:** Studies show that low levels of vitamin B12 can lead to depression. By raising your B12 levels you can ease depression in as little as 3 months.