

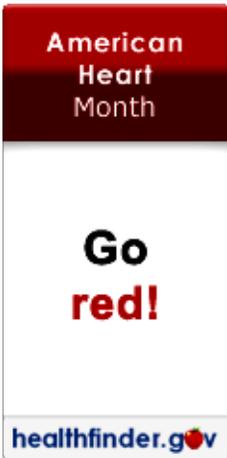


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February/2015

fit 4 life

FEBRUARY IS NATIONAL HEART MONTH



Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Group Insurance Service Center, Inc. is proudly participating in American Heart Month.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- ⇒ Watch your weight.
- ⇒ Quit smoking and stay away from secondhand smoke.
- ⇒ Control your cholesterol and blood pressure.
- ⇒ If you drink alcohol, drink only in moderation.
- ⇒ Get active and eat healthy.

For more information visit: www.healthfinder.gov

TIP CORNER

- **6,000 COUNTS:** It was reported that 10,000 steps a day is the walking goal for health benefits. The good news is that studies show that 6,000 steps a day also reap health benefits.
- **PROTEIN PLEASE:** Studies have shown that if you increase your daily protein intake by 20 grams per day you can decrease your risk of stroke by 26%.
- **APPLE ANATOMY:** Be sure to eat the apple peel. The skin of the apple carries a concentrated amount of antioxidants.
- **HEED THE HEELS:** If you suffer from back pain be sure to wear flats. High heels can change your posture putting more pressure on your back.



2015 winning workout

The fitness trend for 2015 is recovery and self care workouts that incorporate self-myofascial release.

Self-myofascial release or SMR refers to someone performing therapy on themselves using massage balls and foam rollers. This alternative medicine therapy used by physical therapists for years, aims to relax contracted muscles, improve blood and lymphatic circulation and stimulate the stretch reflex in muscles.

If you are interested in SMR look for classes like Restorative Yoga and Mat Pilates at your local fitness facility.

\$150.00 dollars is
the average amount men spend
on Valentine's Day.



\$74.00 dollars is the average
amount women spend.

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PREGNANCY PREPARATION

Planning your pregnancy may give you a potentially shorter time getting pregnant, a healthier pregnancy and fewer complications. In addition, you will have time to prepare for your labor, birth and postpartum.

Follow these tips to prepare:

- Start taking a prenatal vitamin, with folic acid.
- Begin eliminating hazards from your life (chemicals, x-rays, etc.).
- Discontinue smoking and alcohol.
- Discuss birth control use until you're ready to conceive.
- Learn about the conception process and how to get pregnant.
- Have a health insurance "check up." Does your insurance need revamping before baby?
- Have your partner join you in a road to good health, including diet and exercise.

diet 4 definition



- ◇ Make the majority of your plate plant based. Choose vegetables, fruits, legumes, beans, nuts, seeds and whole grains.
- ◇ Eat whole foods that are unrefined and unprocessed. This means food in its pure and basic form: a fillet of salmon.
- ◇ Choose healthy fats from whole plant-based foods like nuts, seeds and avocados. Minimize the amount of extracted oils and processed fats you cook with.

February Recipe Parmigianino Regina With Truffles

Ingredients:

- 2 cups low sodium chicken stock
- 1 tablespoon of extra virgin olive oil
- 1/2 spanish onion, chopped
- 1 cup risotto rice
- salt, pepper and tarragon to taste
- 2 cups whole milk
- 1 1/2 cups grated parmigiano reggiano cheese and truffle shavings

Preparation:

1. Warm chicken stock in a saucepan, without reaching simmering temperature.
 2. Heat a deep skillet with the olive oil. Add the chopped onion and cook until translucent, 5 minutes. Add risotto rice; cook 2 minutes.
 3. Slowly pour warmed chicken stock into the rice & simmer.
 4. When the chicken stock has reduced, add salt, pepper & tarragon to taste. Slowly add milk and simmer mixture 30 to 40 minutes.
 5. When the liquid has reduced and the rice is cooked add grated cheese and mix well. Cook rice 2 to 5 minutes until the cheese has blended with risotto.
 6. Turn off heat and shave truffles into the dish. Allow the rice to sit for 2 to 3 minutes.
- * Serve warm.

Serves 2

Recipe compliments of: *Whole Foods Market
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