



20 Winter Street  
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[www.mygisc.com](http://www.mygisc.com)

July/2015

# fit 4 life

## July is Hepatitis Awareness Month

Hepatitis C is a serious liver disease caused by the Hepatitis C virus. Hepatitis C has been called a silent epidemic because most people do not know they are infected.



While some people who get infected with Hepatitis C are able to clear or get rid of the virus, most people who get infected develop a chronic, or lifelong infection. Over time, chronic Hepatitis C can lead to serious liver problems including liver damage, cirrhosis, liver failure or liver cancer. Many people can benefit from available treatment options that can eliminate the virus from the body and prevent further liver damage.

For more information on Hepatitis visit:

[www.cdc.gov](http://www.cdc.gov)



## Hiking

is a great way to lose weight.

You can burn up to 440 calories per hour and gain muscle.

Written by: Lisa Sundström/Wellness Director

## 5 tips to create a healthy work environment

According to *Benefits Magazine*, there are many ways employers can create a healthy work environment. Research has shown that the list below has helped organizations create a healthy work environment.

1. Stock vending machines and refrigerators with healthy snacks and beverages.
2. Encourage walking meetings when the weather permits.
3. Offer periodic stress management seminars.
4. Encourage employees to have an annual comprehensive health exam.
5. Offer free workplace screenings on a regular basis like annual influenza, blood pressure screenings and biometric screenings.

## KIDS QUOTE

*“When your Mom says, ‘try it, you’ll like it,’ you probably won’t like it.”*



~Emily, age 10



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## AMERICAS FITTEST CITY ACCORDING TO THE 2015 AMERICAN FITNESS INDEX



## TIP CORNER

- **FITNESS FOR FATIGUE:** Is your energy lagging? Exercise may be the last thing you feel like doing when you are tired, but a brisk walk can be more effective than a nap or cup of coffee at fighting fatigue.
- **POTASSIUM FOR BLOOD PRESSURE:** People who have a diet rich in potassium may be less prone to high blood pressure. Besides reducing sodium and taking other heart-healthy steps, eat potassium-packed picks such as bananas, cantaloupe and oranges.
- **BALANCE FOR BELLY FAT:** Trying to reduce belly fat? Pay attention to your carbohydrate intake and avoid artificial sweeteners. Sugary snacks and other refined carbs spike blood sugar and cause pounds to settle in your midsection. Choose whole grains, beans and vegetables instead.

## 4th OF JULY Stuffed Pasta Salad

### Ingredients:

- 1 (16 ounce) package jumbo pasta shells
- 4 cups chopped romaine lettuce
- 1/2 cup chopped fresh basil
- 1 cup coarsely chopped cooked chicken
- 1 cup coarsely chopped tomatoes
- 3/4 cup coarsely chopped cucumber
- 3 ounces Italian hard salami, chopped
- 1/3 cup roasted garlic vinaigrette dressing

### Directions:

Cook pasta shells as directed on the package. Drain and cool.  
 Place remaining ingredients in a medium bowl. Pour vinaigrette over the salad, toss to coat. Stuff the shells with the salad.  
 Cover and refrigerate 2 hours before serving.  
 Yields 36 appetizers  
 Recipe compliments of *Food.com*



8,000

The amount of diapers your baby will go through before becoming toilet trained.



Noah and Emma were the two most popular boys and girls names of 2014.

