



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

May/2015

# fit 4 life

## MAY IS SKIN CANCER PREVENTION MONTH



Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles, blotches and spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

During the month of May take action to prevent skin cancer and reduce the risk of UV damage.

Take simple steps today to protect your skin:

- ⇒ Stay out of the sun between 10 a.m. and 4 p.m.
- ⇒ Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- ⇒ Cover up with long sleeves and a hat.
- ⇒ Check your skin regularly for changes.

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



## KIDS QUOTE

*“Mother’s Day comes before Father’s Day because Moms do all the work.”*

~Gabrielle 4

## May recipe Grilled Ginger Salmon With Peaches



### Ingredients:

- 1 tablespoon rice vinegar
- 1 tablespoon grated fresh ginger
- 1 teaspoon fresh thyme leaves
- 4 tablespoons extra-virgin olive oil
- Salt and pepper to taste
- 2 medium red onions, cut into wedges
- 3 peaches, cut into wedges
- 4 (6-ounce) salmon steaks

### Directions:

1. Heat grill to medium-high. In a small bowl combine the vinegar, ginger, thyme, 3 tablespoons of the oil and ¼ teaspoon each salt and pepper. Set aside.
2. In a large bowl gently toss the onions, peaches, remaining 1 tablespoon oil, ½ teaspoon salt and ¼ teaspoon pepper.
3. Season the salmon with ½ teaspoon salt and ¼ teaspoon pepper.
4. Grill the salmon and onions until the salmon is opaque throughout and the onions are tender, 5 to 6 minutes per side.
5. After flipping the salmon place the peaches on the grill and cook until tender, 3 to 4 minutes per side.
6. Drizzle the salmon with the vinaigrette and serve with the onions and peaches.

**Recipe compliments of:** Sara Quessenberry & Kate Merker/*Real Simple*

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## for weight loss

- ⇒ **BIKE BEFORE BREAKFAST:** Studies show that you can burn more fat if you workout before you eat. You can burn more than a 1,100 calories per week.
- ⇒ **BIKE WITH HIGH-INTENSITY:** Unlike running, biking is easier on the whole body due to less impact. Research shows that high-intensity sprint cycling helps you get lean and fit faster much like sprint running. Short biking sprints raise your metabolism so you keep burning fat throughout the day.
- ⇒ **GO OFF-ROAD:** An hour of off-road riding burns more than 600 calories an hour which is more than biking the same period of time on the road. It also works your whole body including muscles in your arms, back, chest and core.
- ⇒ **RIDE THE HILLS:** Hills burn a lot of calories and also build your core strength. Alternate between standing and sitting as you ride. Standing not only raises your heart rate so you burn more calories, but also builds strong lean muscle in your shoulders, triceps and core.
- ⇒ **COMMUTE ON YOUR BIKE:** Research shows that commuting by bicycle the average cyclist can lose as much as 13 pounds in the first year without overhauling their diet or doing any additional exercise.

# 17%

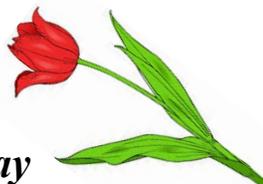
The percentage of children and adolescents in the United States effected by obesity - triple the rate from just one generation ago.



### TIP CORNER

- **EASE ECZEMA:** Research suggests that people with mild eczema who drink Oolong Tea three times a day may show improvement in their symptoms. Compounds in the tea called polyphenols appear to be responsible.
- **HELP FOR HOT FLASHES:** Several studies have found that women who take the herb black cohosh during menopause may experience fewer and milder hot flashes. Talk to your doctor about whether it is right for you.
- **LICORICE FOR RELIEF:** Treat canker sores with deglycyrrhinated licorice (DGL), which appears to soothe mucous membranes. Buy it in the powder form and mix with a little water to make a paste and apply it to the sore as needed.
- **FENNEL SEED FOR FLATULENCE:** Fennel seeds are considered a carminative, a substance that helps relieve gas. Chew and then swallow about half a teaspoon of the seeds after meals.
- **CALCIUM CAN HELP:** Studies have found that supplementing with 500 to 1,200 milligrams of calcium daily may ease premenstrual symptoms. Getting additional calcium through foods can also be beneficial.

# 1914



*The year Mother's Day became an official U.S. holiday.*