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[www.mygisc.com](http://www.mygisc.com)

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# fit 4 life

## NOVEMBER IS AMERICAN DIABETES MONTH

American  
 Diabetes  
 Month

**You can  
 prevent  
 type 2  
 diabetes.**

[healthfinder.gov](http://healthfinder.gov)

Diabetes is one of the leading causes of disability and death in the United States. One in eleven Americans have diabetes or more than 29 million people. Another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes.

The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- ⇒ **Watch your weight**
- ⇒ **Eat healthy**
- ⇒ **Get more physical activity**

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



**Gobble  
 Gobble**

**85 lbs.**

The weight of the heaviest turkey ever raised. This is about the weight of a large dog.

**15 lbs.**

The average weight of a turkey purchased at Thanksgiving.

## THANKSGIVING appetizer

### Lemony White-Bean Bruschetta

pair with a Fumé Blanc

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bon appétit!

#### Ingredients:

- 1 long French baguette
- 1 lemon
- 1 can of white beans (cannellini)
- 1 tbsp. olive oil
- 1/4 tsp. sea salt
- Coarsely ground pepper to taste
- 1 ½ tbsp. chopped fresh parsley leaves

#### Directions:

1. Preheat gas grill or broiler to medium heat
2. Slice baguette into 1/2 inch slices
3. Grate 1/2 teaspoon of lemon peel and squeeze 1 tbsp. juice into a medium size bowl
4. Mash beans with a fork, adding the lemon juice, peel, oil, salt, pepper and 1 tbsp. of parsley
5. Place bread on the grill rack and toast on each side
6. While bread is warm, rub one side of each bread with a garlic clove
7. Before serving, top the garlic side of each toast with the bean mixture and sprinkle with the remaining parsley

Serves: 8



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## weight gain this holiday season

- ⇒ **Take a family walk.** Besides burning some extra calories, this will get everyone away from the food.
- ⇒ **Avoid drinking.** The more you drink the more likely you are to overeat and take in more calories from both the alcohol and poor food control.
- ⇒ **Pass on dessert.** When it comes to dessert either pass or be very selective.
- ⇒ **Keep it small.** When dinner is served buffet-style, use the smallest plate available and don't stack your food. Use the perfect plate rule. Fresh fruits, vegetables and shrimp cocktail are good choices. Avoid sauces and dips which are usually high in fat and contain empty calories.
- ⇒ **Have a snack.** Before you arrive to a dinner party drink some water and eat a healthy snack.
- ⇒ **Eat slowly.** Chewing more slowly will fill you up with less food. In addition, when you eat slowly it gives you more time to appreciate your food.

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## *it's time to*

**check the batteries in your  
smoke alarms and carbon  
monoxide detectors.**

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## When is it time to let go of the booster seat?

*Pediatricians recommend that children remain in a booster seat until they are at least 4 feet 9 inches tall and typically between the ages of 8 and 10.*

### TIP CORNER

**THINK BMW:** This holiday season use the BMW method to set your table. Your bread plate is on your left, meal plate in the middle and water on the right.

**DOWNLOAD HOPPER:** If you are traveling this holiday season use the Hopper app that allows you to analyze flight prices. You can find the best time to buy, to fly and the absolute best deals.

**DO THE DISHES AT NIGHT:** Many utility companies charge more at peak usage times. Nighttime is a less demanding time so you can lower your bill.

**CLEAN YOUR IRON:** Keep your shirts and blouses looking their best by cleaning your iron. Sprinkle a generous amount of salt on a piece of paper and run your hot iron over it a couple of times. Then unplug the iron and let it cool before wiping it down with a cloth.