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# Diabetes

is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes. That number represents more than 30 million people. Another 84 million adults in the United States are at high risk of developing type 2 diabetes.



The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These

changes include: eating healthy, getting more physical activity, and losing weight.

How can American Diabetes Month make a difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Here are just a few ideas:

- Encourage people to make small changes; like taking the stairs instead of the elevator.
- Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.
- Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

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

## blue ZONE

The Blue Zone is an anthropological concept that describes the characteristic lifestyles and the environments of the world's longest living people. The term first appeared as an international concept in the November 2005 National Geographic magazine cover story "*The Secrets of a Long Life*" by Dan Buettner.

The five blue zones are;

1. The Italian island of Sardinia.
2. Okinawa, Japan.
3. Loma Linda, California.
4. Costa Rica's isolated Nicoya Peninsula.
5. Ikaria, an isolated Greek island.

A distinct version of the Mediterranean diet is followed in the Blue Zones.

It emphasizes:

- olive oil
- vegetables
- beans
- fruit
- moderate amounts of alcohol
- low quantities of meat and dairy products

For more information check out the book *The Blue Zones: Lessons for Living Longer* by Dan Buettner

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November/2017

# fit 4 life

## AQUA

Cycling is the winning workout of

2017. This underwater spin class came from Europe and now is a big hit in New York. A single workout burns up to 800 calories, enhances blood flow and combats cellulite.

## Natural remedies



- **PREVENT DEPRESSION:** Drinking coffee may help with depression. Research from the Harvard School of Public Health found that women who drank a minimum of four cups of coffee per day could lower their risk of depression by 20 percent.
- **CURE FOR THE MID-AFTERNOON SLUMP:** Chew gum for the mid-afternoon slump or if you can't seem to concentrate in the morning. Coventry University researchers found that chewing mint flavored gum dramatically reduced feelings of tiredness. Another study found that chewing gum can improve overall test scores and memory by 35 per cent, relieve stress and reduce anxiety levels.
- **HELP FOR A HEADACHE:** A hot shower or moist heat applied to the back of the neck may ease symptoms of infrequent tension headaches. Try a hot water bottle, a warm towel, or a warm compress. In addition, a hot shower can help moisten the sinuses which can also cause symptoms of a headache.

## November book club

*The Care & Keeping of You, Volume 1*

*The Body Book for Younger Girls*

by~ Valorie Lee Schaefer

An updated edition of the best-selling book for younger adolescents shares practical, expert advice on topics ranging from hair care and healthy eating to menstruation and acne.



This thoughtful book will guide your daughter through the complex steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, your growing body, peer pressure, personal care and more. Written by Dr. Cara Natterson for girls 10 and up, *The Care & Keeping of You, Volume 2* follows with more in-depth details about the physical and emotional changes they're going through.

## HEALTH TIP

Withdrawing money from a cash machine is something many of us do regularly, but how many of us give our hands a wash after using them? Cleanliness tests carried out in Britain found that ATM machines were as dirty as the toilets. Specialists investigated swabs taken from the cash machine keyboards and from public toilets nearby and found both samples had the same bacteria known to lead to sickness.