



20 Winter Street
Pembroke, MA 02359
(800)242-4472
www.mygisc.com

September/2017

fit 4 life

1 in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month encourage your family to make healthy changes together.



- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less per day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain food.

For more information visit: www.cdc.gov

Natural remedies



- ♦ **Water for weight loss:** Water can boost metabolism by 24-30% over a period of 1-1.5 hours. This can amount to 96 additional calories burned if you drink 8 cups of water. One study showed that 2 cups of water, 30 minutes before each meal, increased weight loss by 44%.
- ♦ **Healthy fat for heart health:** Olive Oil is loaded with monounsaturated fats and powerful antioxidants that can fight inflammation. People who consume olive oil have a much lower risk of dying from heart attacks and strokes.

family CHECKUP

POSITIVE PARENTING PREVENTS DRUG ABUSE

Research supported by the National Institute on Drug Abuse (NIDA) has shown the important role that parents play in preventing their children from starting to use drugs. The following five questions, developed by the Child and Family Center at the University of Oregon, highlight parenting skills that are important in preventing the initiation and progression of drug use among youth.

- 1. Are you able to communicate calmly and clearly with your teenager regarding relationship problems?** Developing good communication skills helps parents catch problems early.
- 2. Do you encourage positive behavior habits in your teenager on a daily basis?** Encouragement is key to building confidence and a strong sense of self.
- 3. Are you able to negotiate emotional conflicts with your teenager and work toward a solution?** Negotiating solutions offers parents a way to work together to solve problems.
- 4. Are you able to calmly set limits when your teenager is defiant or disrespectful?** Setting limits helps parents teach self control and responsibility.
- 5. Do you monitor your teenager to assure that he or she does not spend too much unsupervised time with peers?** Youth tend to be uncertain about themselves and how they fit in. Knowing your child's friends helps parents improve communication.



20 Winter Street
Pembroke, MA 02359
(800)242-4472
www.mygisc.com

Healthy

sleep habits in 4 steps

1. Keep it dark. A lack of light triggers the brain's pineal gland to secrete melatonin, the hormone that makes us drowsy. Light, through closed eyelids as well as the skull, wakes us up. This physiological fact makes any kind of digital screen a powerful sleep-stopper when viewed before bedtime for even a brief period. The blue light that screens emit suppresses the release of melatonin by tricking your body into believing it is daytime.

2. Exercise during the day. Twenty to thirty minutes of exercise a day is all your body needs to feel naturally tired at the end of the day. Studies have shown that either morning or afternoon workouts improve sleep quality. Vigorous exercise too late in the day increases body temperature and muscle lactate, which make it harder to fall asleep and stay asleep. Insomnia is often linked to feelings of arousal, anxiety, and depression which exercise can alleviate.

3. Limit caffeine and alcohol. Avoid caffeine at least six hours before bedtime to ensure that its stimulating effect is out of your system. Never use alcohol to help you sleep as it disrupts the deepest stages of REM sleep which is why you don't feel refreshed in the morning.

4. Consistency is important: Going to bed and waking up at roughly the same time each day is key to a good night sleep. This includes weekends too. It helps the body maintain its rhythm. In addition, research has shown the link between adequate sleep and a healthy body weight and body fat.

Written by: Lisa Sundström/Wellness Director

September book club

*The First Mess Cookbook: Vibrant
Plant-Based Recipes to Eat Well
Through the Season*

~by Laura Wright

The creator of the popular Saveur award-winning blog The First Mess shares over 125 seasonal, plant-based, and beautifully prepared healthy recipes in her eagerly anticipated debut cookbook.



In addition, Wright's produce-forward recipes showcase the best each season has to offer, and as a whole, demonstrate that plant-based wellness is both accessible and delicious.



Studies show that detoxing from sugar can help you lose weight quickly. A survey conducted on 80 participants from across the US, showed that after 31 days of a sugar detox participants lost anywhere between 5 to 20 pounds, depending on their weight or sugar intake. Participants also noted that a lot of the weight lost was from their midsection.

In addition, they also reported brighter eyes, clearer skin, fewer dark circles and a boost in energy with fewer mood swings.