



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

December/2016

# fit 4 life

## DECEMBER 1<sup>st</sup> IS WORLD AIDS DAY **AIDS.ORG**

In recognition of World AIDS Day on December 1, GISC encourages everyone in to get tested for HIV, the virus that causes AIDS. In the United States, about 1 in 8 people who have HIV are unaware that they carry the virus.

The only way to know for sure whether or not you have HIV is to get tested. You could have HIV and still feel healthy. Everyone ages 15 to 65 needs to get tested at least once. Some people may need to get tested more often.

To find an HIV testing location near you text your ZIP code to KNOWIT (566948).

HIV is passed from one person to another by:

- ⇒ Having unprotected sex with a person who has HIV
- ⇒ Sharing needles with someone who has HIV
- ⇒ Breastfeeding, pregnancy, or childbirth if the mother has HIV
- ⇒ Getting a transfusion of blood that's infected with HIV (very rare in the United States)

To learn more about HIV/AIDS and how to prevent this disease visit [www.aids.org](http://www.aids.org)



## Your 2017 Eating Plan Made Easy!

### Focus on Whole Foods

Unprocessed whole foods retain more nutrients than processed, packaged foods. Create meals from "whole foods," which are foods in their most essential, pure and basic forms. If it comes in a box, bag or a can it's probably not the best option.

### Eat Plant-Strong

Phytonutrients and fiber are only found in plants. Eat plant-based foods to get your fill of these vital nutrients. Tip: make 60 % of your plate vegetables.

### Choose Healthy Fats

Whole plant foods contain healthy fats and more nutrients than extracted oils and other concentrated fats. Get your fats from whole food sources such as nuts, seeds and avocados.

### Consider Nutrient Density

Nutrients such as vitamins, minerals and phytonutrients are essential for good health. Eat a rainbow of fruits and vegetables along with a variety of whole grains, beans and other unrefined whole plant foods.

Compliments of: Whole Foods Market  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)



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## Tis the Season



V. S.

5 ounces

5 ounces

125  
calories

121  
calories

0.9 g  
sugar

1.4 g  
sugar

3.8 g  
carbs

3.8 g  
carbs

While the stats seem the same, red wine is the winner. White wine contains far less of the heart healthy and cancer preventing antioxidants than reds do and have about the same amount of calories. In addition, white wines are the most acidic which make them worse for your teeth.

Written by: Lisa Sundström/Wellness Director

## Raising the Barre

What's all the buzz with barre? Barre integrates the fat burning format of interval training, the muscle shaping technique of isometrics and the elongating principle of dance conditioning.

Through non-impact exercises, barre targets all major muscle groups, improving posture and increasing physical grace.

Essential to the workout is toning and resistance training for the buttocks, legs, torso and arms to sculpt muscles and elongate the appearance of your body.



Need a little help with dinner? The Crock-Pot Smart Slow Cooker enabled with WeMo allows you to cook healthy meals from anywhere.

WeMo App, free for both Apple and Android devices, allows you to adjust temperature, cook time, and more all from your phone.

Your food will be done upon arrival. If you're extra late, your food can be kept warm.