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## JANUARY IS CERVICAL HEALTH AWARENESS MONTH

[www.nccc-online.org](http://www.nccc-online.org)

HPV, the human papillomavirus, is a very common infection that spreads through sexual activity. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

HPV is also a major cause of cervical cancer. Each year more than 11,000 women in the United States get cervical cancer.

Cervical cancer can often be prevented with regular screening tests, Pap tests and follow-up care.

To decrease your risk of cervical cancer;

- Start getting regular Pap tests at age 21.
- If you are a parent be sure to have your pre-teen get the HPV vaccine at age 11 or 12.
- If you are a woman age 26 or below and man up to age 21 that hasn't received the vaccine as a pre-teen, talk to your doctor about getting vaccinated.

If you would like more information on cervical cancer visit: [www.nccc-online.org](http://www.nccc-online.org)

*"Mom the wind is really windy today."*

~Gabby, 5

## Ski Stats

Skiing is a great way to lose weight and burn calories

because you engage large muscle groups.

You can burn as much as:

- ⇒ 500 calories per hour downhill skiing.
- ⇒ 600 or more calories cross-country skiing on the flat and 1,200 calories uphill.
- ⇒ 450 calories per hour dry-slope skiing.

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**70.7%**

Percentage of American adults that are overweight according to the CDC.

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### THE ANTIBACTERIAL MYTH

There is no evidence that antibacterial soaps are more effective than regular soap in reducing or passing illness.

According to the FDA, long-term exposure to some ingredients in these products such as triclosan may pose health risks like bacterial resistance or hormonal effects.



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# 5 ways to get fit in 2017.

- 1. Super-Short Workouts:** The 7-minute workout and Tabata are just a few minutes but pack a punch because you work harder than you thought possible and push yourself to the max.
- 2. Sprint Triathlon:** Trying a shorter version of a triathlon can be just as rewarding both mentally and physically as a full triathlon. A sprint triathlon is a half-mile swim, 12-mile bike ride and 3-mile run. In a triathlon relay, team members work together to complete a regular triathlon.
- 3. Adventure Races:** These races can motivate and create excitement around getting and staying fit. You do crawls through the mud, climb walls and swim in icy water. Training requires at least 8 weeks with sprints, squats, pushups and weights.
- 4. Sports Leagues for Adults:** Adding team spirit to your workout by joining a recreation league can be a great motivator. Playing tennis, volleyball, soccer, basketball, football and/or softball are high intensity workouts that can produce results.
- 5. Elite Fitness:** Muscle Confusion cross-training programs like P90X and Insanity aim for "muscle confusion." They switch up exercises, add new moves, and often include jump training, which is also called plyometrics.

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**37** The number of calories burned in 10 minutes of walking your dog.

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## training zone

It's recommended that you exercise within 55 to 85 percent of your maximum heart rate. Roughly calculated as 220 minus your age is the upper limit of what your cardiovascular system can handle during physical activity.

Buyer Beware



Bottled teas are hot on the market at the moment, but don't be fooled. One bottle can contain as much as 100 grams of sugar and 200 calories which is the equivalent of a can of soda. Nutritionists suggest buying an unsweetened tea and adding a natural sweetener like honey.