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March/2017

fit 4 life

MARCH IS COLORECTAL CANCER AWARENESS MONTH

www.preventcancer.org

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people age 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer that's why it's so important to get screened.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- **Get screened starting at age 50.**
- **Quit smoking and stay away from secondhand smoke.**
- **Get plenty of physical activity and eat healthy.**



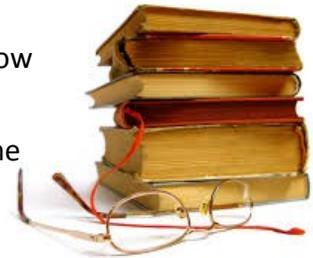
march book club

Between Breaths: A Memoir of Panic and Addiction

~by Elizabeth Vargas

In her memoir Vargas discusses growing up with anxiety that began suddenly at the age of six when her father served in Vietnam.

She then details how she dealt with this anxiety as she came of age, including turning to alcohol.



diet do's of 2017



US News & World Report, used dieticians to rank 38 eating plans for 2017 using criteria on how easy the diet is to follow, effects on weight loss, how nutritional and safe the diet is and finally how well it helps prevent diabetes and heart disease. The best diet of 2017 is the DASH diet.

DASH stands for Dietary Approach to Stop Hypertension. The diet relies on lowering your sodium intake to no more than 2,300 milligrams of sodium per day, along with eating vegetables, fruits and whole grains.



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Need help starting a morning workout routine?

Exercise enthusiasts and trainers agree it's best to get up early in the morning and get your workout in so you are done for the day. If your goal is to get up and get it done, but you can't seem to stick to it, follow the tips below that can help get you started on your morning regime.

1. Eat right the night before. The foods you eat in the evening will impact how you feel in the morning. If you eat a heavy meal late the night before chances are you're going to wake up feeling sluggish. Eat lean protein, veggies and healthy fats so you wake up feeling refreshed. Also, a good rule of thumb is to eat two hours before bed time to give your stomach some time to digest the food.

2. Go to bed earlier. If you get a full 7 to 8 hours your body's internal circadian rhythm makes waking up in the morning much easier. Limit cell phone, computer and TV use before bedtime so the blue light that they emit doesn't affect your sleep.

3. Find a workout friend. Make plans to meet at the gym or a class which will hold you accountable. You will also get the benefit of social interaction.

4. Lay out your shoes and clothes in the evening. The easier you make getting ready for your workout in the morning the more likely you will stick to the plan.

Written by: Lisa Sundström/Wellness Director

App-tastic!

Sworkit

Sworkit (**Simply WORK IT**) is a fitness app that takes you through 5-60+ minutes of strength training, yoga, pilates and stretching workouts requiring no equipment.

sworkit.com

There are six components of wellness: proper weight and diet, proper exercise, breaking the smoking habit, control of alcohol, stress management and periodic exams.

*~Kenneth H. Copper
M.D.*

Calorie Count

Women should eat 1500 calories per day to lose one pound of weight per week. For men the maximum is 2000 calories per day.