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# fit 4 life

**Skin** cancer is the most common type of cancer in the United States. Ultraviolet radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma.

## Skin Cancer Prevention and Detection Starts with You

The good news? Skin cancer can almost always be cured when it's found and treated early. Communities, health professionals and families can work together to prevent skin cancer or detect it early on.

This May spread the word about strategies for preventing skin cancer and encourage communities, organizations, families and individuals to get involved.

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



Telemarketing scams are on the rise. One of the most infamous phone scams, the IRS scam, has stolen over \$14 million since October 2013 and it's on the rise.

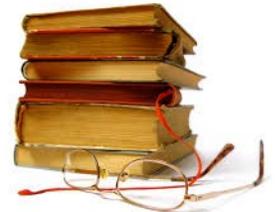
To avoid telemarketing scams be sure to register on the **Do Not Call Registry**. You can register both cell phones and land lines. To register by telephone call 1-888-382-1222. You must call from the phone number that you want to register. To register online go to [www.donotcall.gov](http://www.donotcall.gov)

Written by: *Lisa Sundström/Wellness Director*

## May book club

**Life Without Limits:  
Inspiration for a Ridiculously Good  
Life** ~by Nick Vujicic

Born without arms or legs, Nick Vujicic overcame his disabilities to live an independent, rich, fulfilling and "ridiculously good" life while serving as a role model for anyone seeking true happiness.



Now an international motivational speaker, Nick eagerly spreads his central message, the most

important goal is to find your life's purpose and to never give up despite whatever difficulties or seemingly impossible odds stand in your way.

## Natural remedies



- **NASAL RELIEF:** ginger is a useful herbal remedy for nasal and chest congestion. Pour 2 cups of boiling water over a 1-inch piece of peeled, grated ginger; steep for 10 minutes; and strain. Add a pinch or two of cayenne pepper to the water and drink as needed.
- **HELP FOR SUGAR CRAVING:** by following a Chinese medicine approach try eating foods such as endive, radicchio, cooked greens and olives.
- **DRY SKIN RELIEF:** incorporate more avocados into your diet. They're rich in monounsaturated fat and vitamin E, both of which promote healthy skin. Try them on salads, sandwiches and with smoothies.



# do

## create a healthy office culture

According to *Benefits Magazine*, there are many ways employers can create a healthy work environment. Research has shown that the list below has helped organizations create a healthy work environment.

1. Stock vending machines and refrigerators with healthy snacks and beverages.
2. Encourage walking meetings when the weather permits.
3. Offer periodic stress management seminars.
4. Encourage employees to have an annual comprehensive health exam.
5. Offer free workplace screenings on a regular basis like annual influenza, blood pressure screenings and biometric screenings.

*“Setting goals is the first step in turning the invisible into the visible.”*

*~Tony Robbins*

# biking

## for weight loss

- ⇒ **BIKE BEFORE BREAKFAST:** Studies show that you can burn more fat if you workout before you eat. You can burn more than a 1,100 calories per week.
- ⇒ **BIKE WITH HIGH-INTENSITY:** Unlike running, biking is easier on the whole body because there is less impact. Research shows that high-intensity sprint cycling helps you get lean and fit faster much like sprint running. Short biking sprints raise your metabolism so you keep burning fat throughout the day.
- ⇒ **GO OFF-ROAD:** An hour of off-road riding burns more than 600 calories an hour which is more than biking the same period of time on the road. It also works your whole body including muscles in your arms, back, chest and core.
- ⇒ **RIDE THE HILLS:** Hills burn a lot of calories and also build your core strength. Alternate between standing and sitting as you ride. Standing not only raises your heart rate so you burn more calories, but also builds strong lean muscle in your shoulders, triceps and core.
- ⇒ **COMMUTE ON YOUR BIKE:** Research shows that commuting by bicycle the average cyclist can lose as much as 13 pounds in the first year without overhauling their diet or doing any additional exercise.