



20 Winter Street
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November/2016

fit 4 life

NOVEMBER IS DIABETES AWARENESS MONTH

DIABETES.ORG

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes which is more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- watch your weight
- eat healthy
- get more physical activity

If you experience any of the below signs and symptoms follow up with your doctor.

- being very thirsty
- urinating often
- feeling very hungry
- feeling very tired
- losing weight without trying
- sores that heal slowly
- dry, itchy skin
- feelings of pins and needles in your feet
- losing feeling in your feet
- blurry eyesight

MYTH

It's possible to have "just a touch" or "a little" diabetes.

FACT

There is no such thing. Everyone who has diabetes runs the risk of serious complications.



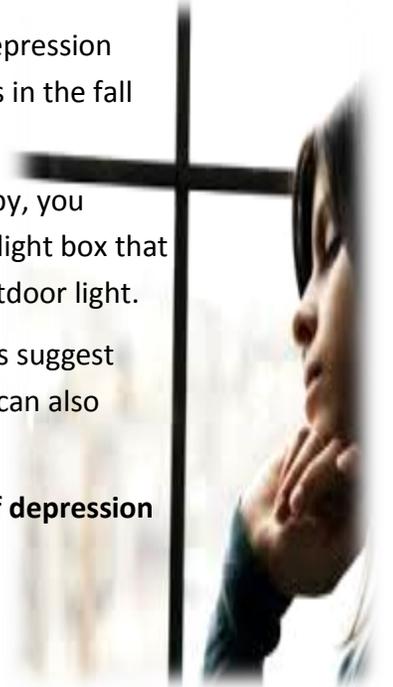
According to the Mayo Clinic, light therapy is a proven treatment of Seasonal Affective Disorder (SAD) by exposure to artificial light.

SAD is a type of depression that usually occurs in the fall or winter.

During light therapy, you sit or work near a light box that mimics natural outdoor light.

In addition, studies suggest that light therapy can also help with:

- other forms of depression
- insomnia
- dementia
- jet lag



Get the **FLU SHOT** not the flu!

According to the U.S. Centers for Disease Control and Prevention (CDC), flu in the workplace costs U.S. businesses approximately \$10.4 billion each season.

If you would like to protect your employees this flu season contact GISC and ask about our onsite flu clinic .

Written by: Lisa Sundström/Wellness Director



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November book club



EAT COMPLETE

~by Drew Ramsey, MD

In "Eat Complete," Dr. Ramsey identifies 21 nutrients most important to brain health and overall wellness.

The book offers 100 appetizers that are easy and gluten-free. Each recipe is engineered for optimal nourishment.

PXT please!

PXT which stands for pure interval training, is a 60 minute workout mixed with yoga, high-intensity cardio intervals, strength training, plyometrics, calisthenics and core work is intended to improve overall strength and conditioning.

PXT is made up of a yoga warm-up with sun salutations to heat the body, followed by one minute interval strength training exercises with weights and a core ball, followed by a "challenge" series and ending with a yoga cool-down sequence. The "challenge" portion can be described as a training ladder which means there are several exercises that are done one after another. Repetitions of 8, then 7, then 6 etc, working down to one each followed by the cool-down.

For more information visit www.pureyoga.com

45

The number of calories burned in 10 minutes of raking leaves.

TIP CORNER

- **HOLD OFF ON THE ANTIBACTERIAL:** There is no evidence that antibacterial soaps are more effective than regular ones. In addition, long-term exposure to some ingredients in these products, such as triclosan, may pose health risks like bacterial resistance or hormonal effects according to a 2013 FDA statement.
- **BALANCE FOR BELLY FAT:** Trying to reduce belly fat? Pay attention to your carbohydrate intake and avoid artificial sweeteners. Sugary snacks and other refined carbs spike blood sugar and cause pounds to settle in your midsection. Choose whole grains, beans and vegetables instead.
- **STAY HYDRATED THROUGH FOOD:** By eating plant based foods you can increase your water intake. A cup and a half of broccoli is 92% water and an apple is 84% water.