

GE Fitness Center Newsletter

April 2024



Take steps towards a longer, healthier life on National Walking Day!

- Physical activity is one of the best ways to improve overall health and manage stress.
- 1 in 4 U.S. adults are sedentary for more than eight hours each day, which can have negative consequences on physical and mental health.
- The American Heart Association established National Walking Day (April 3, 2024) to encourage people to move more throughout their day.
- Walking is one of the simplest ways to get and stay active. Physical activity such as walking can help reduce stress, improve mood and sleep, and lower the risk of diseases.

Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- Think better, feel better and sleep better
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer
- Improve your blood pressure, blood sugar and blood cholesterol levels
- Increase your energy and stamina
- Improve your mental and emotional well-being and reduce risk of depression
- Improve memory and reduce your risk of dementia
- Boost bone strength and reduce your risk of osteoporosis
- Prevent weight gain

Scan the QR code to opt in to receive the monthly Fitness Center Newsletter electronically.



Nutrition Tidbits

April 2024

Sustainability in Nutrition

Eating in season is not only a great way to add a variety of nutrients into your diet but also can be great for your budget! Items found in season tend to be more readily available making them cheaper.



Spring Season Fruits:

Apples
Apricots
Avocados
Bananas
Kiwi
Lemons
Limes
Pineapples
Strawberries

Spring Season Vegetables:

Asparagus	Broccoli
Cabbage	Carrots
Celery	Collard Greens
Kale	Lettuce
Mushrooms	Onions
Peas	Radishes
Spinach	Swiss Chard
Turnips	

Are you looking for the best crops to grow in the springtime? Try planting some of these crops that are best started in the spring:

Broccoli
Cauliflower
Fennel
Kale
Lettuce
Onions



You could also begin to grow some summer crops indoors to transplant outdoors later. Such as: tomatoes, peppers and/or eggplant.

Our Registered Dietitian can help you achieve your health goals. FREE appointments are available for GE employees, spouses, dependents age 16 and up, and for retirees.

Call 513-853-8900 to schedule your appointment with one of our Registered Dietitians at the GE Family Wellness Center or the GE Fitness Center either in-person, via Zoom, or a phone call.

 Follow **Healthy Bites of Knowledge** on Facebook for nutrition and wellness tips to reach your goals.

Wellbeing Column

April is Stress Awareness Month!

In what ways do you manage your stress? The following are some ideas you can start incorporating into your life.

- **Lifestyle:** Eat a healthy diet, exercise, get 7-9 hrs. sleep.
- **Relaxation exercises:** yoga, deep breathing, massage, or meditation
- **Journaling:** writing about thoughts, feelings and what you are grateful for in your life
- **Hobbies:** reading, listening to music, watching favorite show/movie
- **Healthy relationships:** developing friendships and talking with family
- **Humor:** Laughter can release dopamine, oxytocin and endorphins
- **Volunteer:** philanthropy/giving back to a cause that you feel connected to
- **Professionals:** Counselors can help with connecting you to resources and help you acquire skills to manage stress.
- **LIMIT:** Alcohol, tobacco, drugs

Grokker

Take your health and wellbeing to the next level with Grokker. This is a free platform to active GE employees focusing on wellbeing in the modern workplace. Scan the QR code to sign up!



*SSO and email required