

GE FITNESS CENTER

NEWSLETTER

DEC 2024 EDITION

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S.A.D? Try working out!

Working out regularly during seasonal depression has many benefits to improve mood and alternative symptoms associated with Seasonal Affective Disorder. Many forms of exercise can help treat SAD, however any low impact aerobic activities to get you energy flowing like:

- Walking
- Gentle Stretching
- Swimming
- Running



December

SNOW DAY SWEAT

Feeling the winter blues? Let's shake them off with this 15-Minute beginner friendly snow day workout! This quick and energizing routine is designed to boost your mood, get your blood flowing and help you stay strong during the chilly season. No equipment needed, just some space, comfortable clothes and your willingness to move. Let's kick seasonal depression, one rep at a time!



Squat to Press
3 Rounds 10 reps



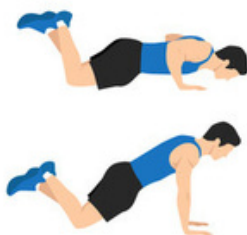
Bicycle crunches
3 Rounds 10 reps



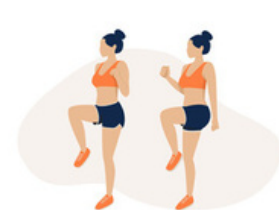
Lunge to bicep curls
3 Rounds 10 reps



Wall sit hold
3 Rounds 45 seconds



Modified Push ups
3 Rounds 10 -15 reps



High knees/ Knee drives
3 Rounds 40 reps

NUTRITION TIDBITS

HOLIDAY NUTRITION TIPS

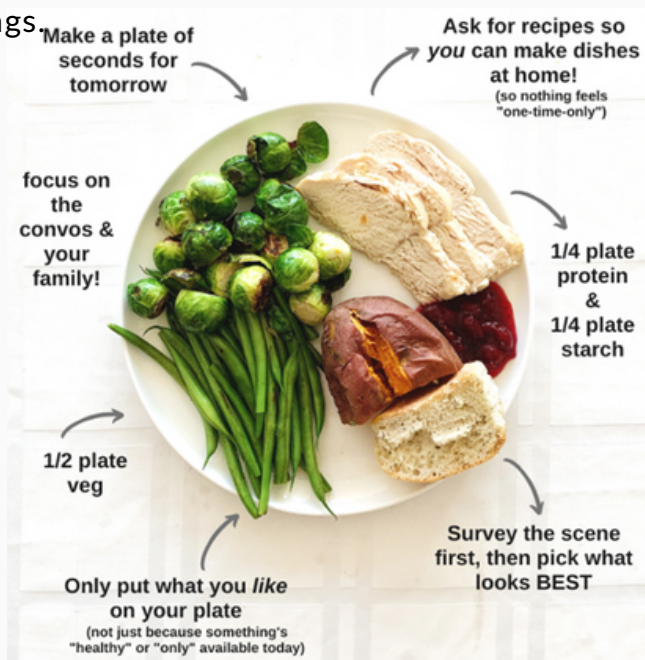
1. **Don't go with an empty tank.** Make sure to have your usual balanced meals prior to events, focusing on protein and fiber. Going in with an empty stomach makes it harder to make goal aligned decisions when preparing your plate.

2. **Bring your own dish.** Add some color and nutrient variety to the meal by bringing a vegetable for a side dish or appetizer.

3. **Focus on the company.** Take the focus away from the food and instead on spending time enjoying the company of family and friends.

4. **Choose your splurges.** Don't restrict yourself from the dessert table and instead choose your favorite option to enjoy.

5. **Balance your plate.** Aim for a balanced plate with $\frac{1}{4}$ protein, $\frac{1}{4}$ whole grains, $\frac{1}{2}$ fruits and vegetables at gatherings.



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

National
Hand Washing
Awareness week

Key times to wash hands:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



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

