

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

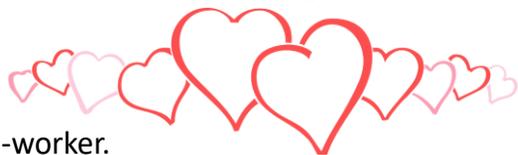


GE FITNESS CENTER NEWSLETTER

February 2024

American Heart Month

Heart disease is the No. 1 cause of death in the United States. If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. For major health benefits, aim for at least 150 minutes (2½ hours) each week. Try to reduce the amount of time you spend sitting by getting active whenever and however you can. Try breaking exercise up throughout your day/week by doing 10 minutes of exercise, 3 times a day. Or try one 30-minute session on five separate days each week. Any amount of physical activity is better than none and all activity counts! Exercising with a friend, family, or co-worker can make sticking to being physically active easier.



Try these activities:

- Take a group fitness class with a friend or co-worker.
- Work on your fitness goals, consult a health/fitness specialist about a program specialized to help you achieve your goals.
- Go for a daily walk.

National Cancer Prevention Month

The federal government estimates that nearly 2 million Americans were diagnosed with cancer during 2023, and that more than 600,000 died from their disease. Research shows that more than 40 percent of these cases and nearly half of the deaths can be attributed to preventable causes – smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others.



This means that steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers, can dramatically reduce your risk of cancer in many cases.

Find more info at American Cancer Society at <https://www.cancer.org>

Nutrition Tidbits

February 2024

Reading Food Labels for Heart Health

February is American Heart Month! Nutrition is one way to promote heart health and understanding what to look for on food labels is one way to make heart healthy choices.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Serving size: this tells the size of a single serving and everything else on the label is based on this serving, therefore if you have multiple servings you will need to multiply by the number of servings

Saturated fat: fats that are typically solid at room temperature and are found in animal and dairy products, the American Heart Association recommends between 5-6% of calories from saturated fat For example: on a 2000 calorie diet, no more that 120 calories (13g) should come from saturated fats

Sodium: the American Heart Association recommends no more than 2,300 mg a day and the average American consumes about 3,500 mg per day. More than 70% of the sodium Americans eat comes from packaged, prepared and restaurant foods, not the saltshaker.

Dietary fiber: helps reduce blood cholesterol levels, provide us with a feeling of fullness and manage a healthy body weight. Adults need at least 25-35 grams of fiber daily for good health. To increase your dietary fiber, add more fruits, vegetables, whole grains, beans and legumes.

Added sugars: The leading sources of added sugar in the US diet are sugar-sweetened beverages and desserts and sweet snacks. The American Heart Association recommends limiting added sugars to no more than 6% of calories/day. For a 2,000-calorie diet that would be less than 120 calories or 30 grams of added sugar.

Adapted from the American Heart Association

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 our Registered Dietitian 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

February is not only Heart Health Month it is also the month of love! And there is no love greater than self love! The importance of SELF-COMPASSION & SELF-LOVE in behavior change has been heavily researched. Research has shown that people with a self-compassionate mindset procrastinate less, re-engage after failure more regularly, take on more accountability, and are more open to feedback. This leads to stronger behavior change and growth.



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