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GE FITNESS CENTER NEWSLETTER

January 2024

5 Tips on How to Stick to Your Fitness Routine Past January

What are your resolutions this year?

January is the perfect time to start fresh. With New Year's resolutions and ample resources that can keep you on track for your New Year's fitness goals, these tips are excellent for anyone looking for their 2024 fitness goals. Whether you're trying to shed some lbs. or simply need some extra motivation at work during office hours, these tips will keep you focused and on pace for your goals!

1. Keep a workout journal.

A fitness routine is like any other responsibility, you need to commit it to your schedule and plan for it in advance. Approach your New Year's fitness goals as you would meetings with clients or deadlines at work. Try writing down your workouts in a journal. Not only will this keep you accountable, but it will keep you on track for your fitness goals.

2. Plan your workouts in advance.

Write down your routine or consult a health/fitness specialist about a personalized routine for you to save time at the gym! If you want to get really organized, try planning your workouts a month in advance. You don't need to adhere to every workout you plan, but the more thorough your planning, the more likely you are to stay on track.

3. Find an accountability buddy.

When you are easing into a fitness routine, workout buddies keep you accountable to your goals and call you out when you want to be lazy! Find someone who pushes your limits in a healthy way. Striving towards results is easier when you can do it with someone by your side. Check out group fitness classes to do workouts together!!

4. Post your workouts on social media.

There is nothing wrong with being proud of your progress and showing yourself off! You might even inspire others who are looking for a new challenge. Social media is like a time machine for your body as well. It shows you your progress and the changes you've made over the past few months. It can also help you notice small details about yourself that would've gone unnoticed.

5. Book a vacation in the spring or summer ahead of time.

Everyone knows people are the most motivated when they have something to work for or look forward to. Why not book a vacation early for the summertime? This will help you stay on target for your fitness goal all year long so that you will be ready for summer and the swimsuit season!

We all know January is a new start for many, but don't just make January a new start, make the whole year a new start and stick to your New Year's Resolution!!

Nutrition Tidbits

January 2024



The truth about trendy diets

If you're on social media or searched for diet tips online you've probably come across some of the following diet. Maybe you've seen the claims of how they have helped people and thought, is this right for me? Or is it too good to be true? We're going to break down a few of the popular ones and why we don't recommend them.

Carnivore diet:

- **What is it?** eliminating all plant foods and eating exclusively meat, fish, eggs, and some dairy
- **Why we DON'T recommend it:** it is very restrictive, lacks fiber which is crucial for digestion, and can cause nutrient deficiencies from eliminating foods like fruits, vegetables, grains, legumes, etc.

Juice cleanse:

- **What is it?** consuming only juices either homemade or purchased for a certain time frame, often 3-7 days
- **Why we DON'T recommend it:** juice cleanses severely restrict calories and can also lead to nutrient deficiencies, fatigue, electrolyte imbalances, and low blood sugar.

Keto diet:

- **What is it?** initially prescribed for children with seizures, low carbohydrate and high fat diet which generally recommends 70-80% calories from fat, 5-10% carbs, and 10-20% from protein
- **Why we DON'T recommend it:** carbohydrates are our bodies preferred fuel source, this diet is also very restrictive and difficult to maintain long term, it is also difficult to consume adequate fiber from cutting out carbs.

Intermittent fasting:

- **What is it?** restricting daily eating to a specific feeding window
- **Why we DON'T recommend it:** there is no additional benefit in the research with intermittent fasting vs. regular calorie restriction for weight loss and many people benefit from consuming a balanced breakfast to help with energy and evening cravings.

While it is not as exciting of a headline as some of these diets, we recommend getting back to the basics of consuming adequate protein, a variety of fruits and vegetables, and monitoring your calories for a long-term and sustainable weight management approach.

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

January is time of year to set goals for the new year ahead. Setting goals is not as easy as saying "I want to lose weight". There are five main criteria we want to meet when creating our goals:



S: Specific – this is the who, what, when, where, and why.

M: Measurable – how will you measure your progress?

A: Attainable – can you reasonably accomplish this goal within the time frame?

R: Relevant – is your goal connected to your objective?

T: Time Bound – setting a completion date to hold you accountable.

Overall Goal: "I want to lose weight"

SMART Goal: "I will lose 5 lbs. by March 31st by increasing my steps, strength training 3 days per week and increasing my protein and fiber intake."

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