

GE Fitness Center Newsletter

May 2024

Exercise and Summer Heat!

Summer heat and humidity can certainly put a strain on your exercise plans. While you may have the option to move your workout plans indoors into an air-conditioned space, that's not the only way to stay cool during warm-weather workouts. With some planning and precautions, many people can still exercise outdoors safely on hot summer days.

So, when the temperature of the air around you is hotter or when your body is producing more heat through exercise — or both — you sweat more. When it comes to staying cool in the summer heat, sweat is helpful. During exercise, the body also diverts blood flow away from your internal organs and toward the blood vessels around your skin to help your body cool.

Despite all these built-in cooling systems, we can still overheat - especially when exercising in hot conditions. When the heat you're producing is greater than the heat you're losing, body temperature rises, which can lead to serious health issues, including heat rash, heat cramps, heat exhaustion, and heatstroke (which can be life-threatening), according to Cleveland Clinic.



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PT Corner

Have consistent headaches? Physical therapy can treat that!

The International Headache Society describes several different categories of headaches: cervicogenic or muscle spasm headaches, migraine headaches, cluster headaches, cranial neuralgias, and secondary headaches from an underlying condition such as fever or infection. Most headaches can resolve on their own; however, some people suffer from frequent, reoccurring headaches that can affect the ability to perform daily tasks or quality of life.

Physical therapists are experts in managing pain and are trained to determine the different type of headache that may be present, as well as the potential trigger or cause to the headache. Specific interventions physical therapy can incorporate into the treatment of headaches include but are not limited to joint mobilization/manipulation, soft tissue massage, postural strengthening or flexibility exercises, and mechanical traction. Physical therapy can also assist with providing a home exercise program to prevent the reoccurrence of headaches in the future.



Nutrition Tidbits

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Osteoporosis Awareness and Prevention Month

Bone health is important, especially as we age. There are several nutrients important for bone health including, calcium, vitamin D, protein, magnesium, phosphorous and potassium. While those eating a healthy diet will get most of these nutrients it is important to analyze your current diet and make sure you are incorporating the foods that contain these nutrients.

Calcium

Why? Calcium is one of the main components of our bone. It is also essential for cell, muscle, heart and nerve function.

Recommend Daily Intake: between 1000-1200 mg for adults 18+

Food Sources: dairy and fortified plant milks, cheese, yogurt, calcium fortified orange juice, winter squash, edamame, tofu, canned sardines, salmon, almonds

Vitamin D

Why? Vitamin D is important for aiding in the absorption of calcium and phosphorous both are important for our bone health.

Recommend Daily Intake: 600 IU daily for adults 19+ and 800 IU daily for adults 70+

Food Sources: cod liver oil, salmon, swordfish, tuna, fortified orange juice, dairy and plant milks fortified with vitamin D, sardines, beef liver, egg yolk, fortified cereals

Protein

Why? Proteins are essential for optimal bone mass growth and help to preserve bone and muscle mass as we age.

Recommend Daily Intake: 0.8-1 gram per kilogram of body weight for adults 18-69 years old and 1.1 grams per kilogram body weight for adults 70+

Food Sources: meat, fish, eggs, dairy products, seeds, nuts, legumes like beans, lentils

Magnesium

Why? Magnesium is a component of bone, and a large portion of magnesium is stored in bone. Magnesium is also essential in parathyroid hormone production which is needed in calcium regulation.

Recommend Daily Intake: 400-420 mg daily for men 51+ and 310-320 mg daily for women 51+

Food Sources: almonds, peanuts, cashews, pumpkin seeds, peanut butter, beans, soybeans, cooked spinach, white potato with the skin, brown rice, oatmeal, salmon, beef, poultry, banana, raisins, dark chocolate, milk, yogurt

Phosphorous

Why? Phosphorous is important in conjunction with calcium for building strong bones and teeth. A large portion of phosphorous is stored in our bones and teeth.

Recommend Daily Intake: 700 mg daily for adults 19+

Food Sources: dairy, red meat, poultry, seafood, legumes, nuts

Potassium

Why? Potassium is important for pH homeostasis which helps to reduce the calcium loss from our bones.

Recommend Daily Intake: 2600 mg for women 19+ and 3400 mg for men 19+

Food Sources: dried fruits, beans, lentils, potatoes, winter squash, spinach, broccoli, avocado, bananas, cantaloupe, oranges, tomatoes, orange juice, coconut water, dairy and plant milks, yogurt, cashews, almonds, chicken, salmon

*****Check with your doctor or dietitian to confirm the recommended dose, administration and nutrient form for your situation as these can change depending on chronic conditions, pregnancy, etc.*****

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.



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Grokker

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