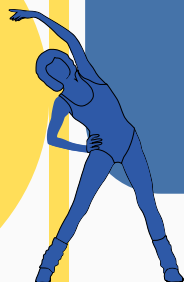


GE FITNESS CENTER

NEWSLETTER

NOV 2024 EDITION

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



November

HOW TO HAVE A HEARTY AND HEALTHY THANKSGIVING?

1. Start your dinner with a salad. When eating healthy vegetables first, you are likely to consume fewer calories
2. Switch up ingredients. Try serving roasted green beans instead of a green bean casserole.
3. Use a smaller plate. Having less room on your plate will help control portion sizes.
4. Eat slowly. Pause between each bite and have a conversation with people at the table to help slow yourself down.
5. Stay hydrated. When traveling to visit family, we forget to drink water. Try bringing a large water bottle and make it your goal to finish it before the end of the day.

DO YOU NEED A STRETCH MINUTE?

Looking for a way to enhance your workout and prevent injury?

Take advantage of our “Stretch Minute” here at the fitness center.

Join a quick 15-minute stretch session with health specialist, Chriseny.

Whether you want to loosen up, get recommended stretches or improve your flexibility, Chriseny is here to help.

Stretching is good way to revive when traveling long distances for this holiday season.

Join the Stretch Minute on the following days and times until December 31st.

Tuesdays: 10a & 12pm

Wednesdays: 12:15p, 5:15p & 6:15p

Thursdays: 12:15p, 5:15p & 6:15p

NUTRITION TIDBITS

NATIONAL DIABETES MONTH

November is National Diabetes Month! It has been known that activity can reduce your blood sugar. There are two mechanisms of action that helps to reduce the sugar in your blood.

Monitoring your blood sugar is important in physical activity because it impact blood sugar levels this can also prevent low blood sugar or a hypoglycemic event.

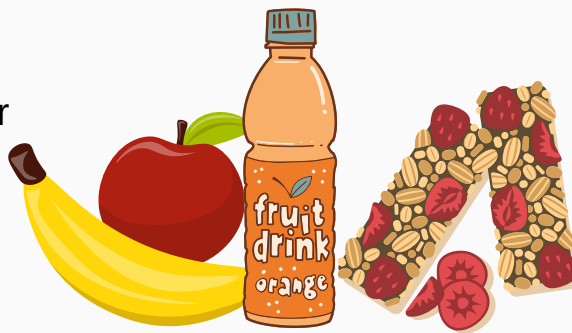
If you have low blood sugar or a hypoglycemic event it is important to treat immediately. A recommended rule to follow is the 15-15 rule.

The 15-15 rule:

1. Check your blood sugar.
2. Treat with 15-20 grams of a carbohydrate if blood sugar is below 100mg/dL.
3. Check your blood sugar again after 15 minutes. If blood sugar remains below 100mg/dL, consume another 15-20 grams of a carbohydrate.
4. Repeat steps 1-3 until you blood sugar has risen above 100mg/dL.

What does 15 grams of carbohydrates look like?

- 1/2 of a bagel
- small banana
- a fruit or granola bar
- a mandarin orange



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

“When gratitude is expressed and/or received, the brain releases dopamine and serotonin. These contribute to feelings of pleasure, happiness, and overall well-being.”



Try one of these 40 different phrases to express gratitude to others!

Who will you thank today?



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

