

# GE FITNESS CENTER

## NEWSLETTER

OCT 2024 EDITION

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



### MEET OUR HEALTH COACH



Cori Seif

Cori spent 18 years of her life in southern California. She has enjoyed living in different areas, meeting amazing people, and exploring wellness.

Cori was a professional volleyball athlete overseas. Cori received her Bachelors of Science, Exercise Science, University of North Carolina, Charlotte. She also obtained a Master's in Education, Sport management, Xavier University and Master Certificate in Health Coaching, The Ohio State University.

### MEET OUR NEW SPECIALIST



India Cordes

India graduated from Miami University with a Bachelor's in Kinesiology and a Minor in Nutrition and Photography.

India enjoys traveling, cooking, baking and taking photos to add to her portfolio. Fun fact: India loves pigs!



# SPOOKTOBER

## Spooky Wellness Tips

- Get enough Vitamin D: our days get shorter in the fall; lack of natural light can lead to Vitamin D deficiency.
- Take walks: this will help you stay active during the colder months. A quick 10-15 minute walk during your lunch time can help reset your mind.
- Stay hydrated: tracking your water intake to stay hydrated during the colder days can help regulate your body temperature.
- Avoid sick days by getting vaccinated and staying on top of your wellness visits.
- Track your calorie intake: due to moving less during the colder months, tracking calorie intake can help you maintain weight and live a balanced lifestyle.
- Practice proper hand washing: this is important to practice year round to prevent illness.



## LET'S KICK OFF

October 7th will Kick Off your football season with our Gridiron Gains fitness challenge

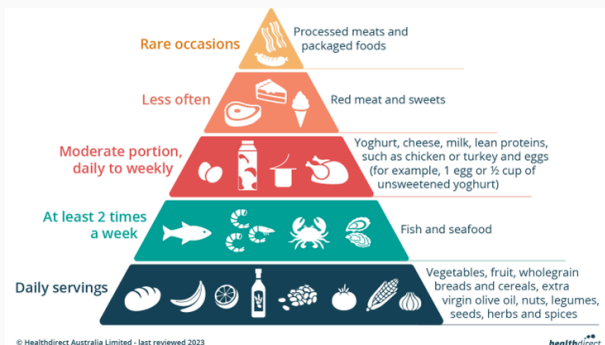
See a Health Specialist for more details to sign up today!



# NUTRITION TIDBITS

## MENTAL HEALTH AWARENESS MONTH

The Mediterranean Diet is an eating pattern and way of living that has been linked to improving cognitive function and promoting mental health.



The main components of the Mediterranean Diet that benefit mental health:

1. Omega-3 fatty acids found in fatty fish like salmon and monounsaturated fatty acids found in extra virgin olive oil
2. Polyphenols which are beneficial plant compounds that can protect the body's tissues against oxidative stress
3. Vitamins found in the variety of whole food sources consumed on the Mediterranean diet
4. High fiber content from plant foods which improves the beneficial bacteria in the gut

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.

The Mediterranean diet pyramid helps to visualize which foods to include more of, have in moderation, or limit in your diet.

Along with diet, the Mediterranean lifestyle also includes exercising regularly, avoiding tobacco products, preparing and enjoying meals with family and friends, and cooking at home more often than dining out.

# WELLBEING COLUMN

Fall has arrived. It is getting dark earlier.

## After Dark Safety Tips

- Stay Aware: You are less likely to be targeted if you are not distracted.
- Use well lit paths.
- Plan your route: Let someone know where you are going and when you will return.
- Stay Visible: Wear reflective clothing or accessories.
- Trust Your Instincts: If something doesn't feel right, trust your gut! Cross the street, go into a well-lit store, or call for help.



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

