

GE FITNESS CENTER

NEWSLETTER

APRIL 2025 EDITION

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SWIM THE MEDITERRANEAN

This 8-week swim and water walking incentive program starts April 7th until May 31st

Swim to 5 of the islands in the Mediterranean!

Register with a life now through April 5th

How to participate?

- Fill out a registration form and return it to a lifeguard by April 5th
- Report your daily laps total to a lifeguard
- The guard will record your milage on your chart
- The top 3 swimmers or water walkers will be posted on the pools bulletin board



APRIL

SPRING INTO A MORNING ROUTINE

8 Healthy Habits and benefits to add to your morning routine according to Harvard Health.

1. Take a cold shower: This shocks and stimulate your nervous system.
2. Avoid your phone: Helps reduce stress levels from early in your day. Creates more time for yourself and your mental health.
3. Do a morning stretch: This helps improve circulation and promotes relaxation which helps set the tone for your day.
4. Make your bed: This allows for you to have a set stop in your routine!
5. A good skin care routine: A good skin care routine as we move into Spring which means more sun. Sunscreen of at least 30 SPF supports the skin from sun damage.
6. Stay Hydrated: Proper hydration can support digestion, improve brain health and increase energy.
7. Mediate: Take a moment for mindfulness, can slow your mind down and balancing your emotions for the day ahead.
8. Enjoy a healthy breakfast: A nutritious and light breakfast like avocado toast or a smoothie is a great start. Are you searching for more healthy food suggestion? Talk to the GE Family Wellness Center dieticians for more support.

NUTRITION TIDBITS

Gear up for a plant-powered Spring!



(adapted from Colorado State University)

Research indicates that replacing some animal-based protein with plant-based protein sources may help decrease the risk of developing chronic diseases such as heart disease, diabetes, and some cancers.

What are the best plant-based proteins?

Food	Amount	Protein
Tofu	1 cup	24g
Tempeh	1 cup	34g
Edamame	1 cup	18g
Black, pinto, kidney beans	1 cup	15g
Chickpeas	1 cup	14g
Chia seeds	3 Tbsp	9g
Hemp seeds	3 Tbsp	10g
Quinoa	½ cup, dry	12g
Lentil or chickpea pasta	2 ounces	13g
Plant-based protein powder	1 serving	20-25g

Considerations for eating plant-based proteins:

- Eat a wide variety of plant-based foods as plant sources to ensure that you are getting complete amino acid profiles
- Choose plant-based milks with added Vitamin D & Calcium- we recommend Soy
- Mix in nuts and seeds to provide healthy fats along with protein and other important nutrients

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

A morning routine can help you balance your life and start your day on a positive note.

Here are some ideas for morning routines:

- Get enough sleep
- Avoid snooze
- Make your bed
- Prepare the night before
- Eat a healthy breakfast
- Drink water
- Exercise
- Meditate
- Set priorities
- Reduce distractions



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