

# GE FITNESS CENTER

## NEWSLETTER

AUGUST 2025 EDITION

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



## Fit Fun Challenge Winners



Abby Kiminski



Tori Davis



Kathleen Brossart

Congratulations on  
your hard work!



# August



## FEEL THE BURN: UNDERSTANDING HYPERTROPHY

Hypertrophy refers to an increase in muscle size through resistance training.

If your goal is to increase muscle mass or improve body composition, training for muscle hypertrophy may be right for you.

In most workout programs, hypertrophy training typically involves:



8-12 repetitions per set



Moderate to heavy weight



Short periods of rest (30-90 seconds)

This style of training helps stimulate muscle growth by placing consistent tension on the muscles.

Wilk, M., Zajac, A., & Tufano, J. J. (2021, August). The influence of movement tempo during resistance training on muscular strength and hypertrophy responses: A Review. Sports medicine (Auckland, N.Z.).  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8310485/#Sec5>



# NUTRITION TIDBITS

## Meal Planning & Prepping

Meal planning and prepping can mean different things for those living different lifestyles. It can take trial and error to find what works best for your family and lifestyle. The first step is to take time to plan. Sit down and look at you and your families' activities, work schedule, and other responsibilities for the week and write those in a calendar, note page, or an electronic method. This is helpful when deciding how much time you have in the evening to dedicate to your meals.

Using a theme for your week can be beneficial to avoid any decision fatigue throughout the week. See an example week below.

**Monday:** meatless meal like salmon or tofu with rice and vegetables

**Tuesday:** taco night – choose tacos or burrito bowl with a lean protein, tortilla or rice and toppings of your choosing

**Wednesday:** pasta night – choose whole wheat or chickpea-based pasta with meat and sauce of choice. Pair with a side salad or add veggies to your pasta

**Thursday:** leftovers

**Friday:** homemade pizza – top a whole wheat pizza crust with your favorite toppings (aim for a lean protein and vegetables) and pair with a side salad (add extra protein to salad if there is not a lot on the pizza)

**Saturday:** sheet pan meal – throw a lean protein, carbohydrate (potatoes or sweet potatoes) and vegetables in the oven to roast, add a healthy fat (nuts, seeds or avocado)

**Sunday:** bowl night – choose any lean protein, carbohydrate, vegetables, toppings and sauce combination that you'd like, for example, a harvest bowl with sweet potatoes, chickpeas, kale, squash, hummus and slivered almonds (tip-make extra to pack for lunches for the work week)



Are you someone who gets tired of the same meals through the week? Try bulk prepping. Choose 2-3 options from the following categories to prep for the week and have fun mixing and matching to build a balanced meal. Give your balanced meal some flavor by adding a quick sauce (ketchup/mustard, salsa, teriyaki, hummus)

**Protein:** chicken, turkey, fish, lean beef or pork, cottage cheese, Greek yogurt, tofu, tempeh

**Carbohydrate:** potatoes, rice, quinoa, pasta, whole wheat bread or wraps

**Vegetables:** can be frozen, fresh, canned (low sodium), salad kits

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

## August is National Wellness Month

This month, make self-care a priority!

Build healthy routines and support your mental, physical, and emotional well-being.

Whether you're focusing on hydration, movement, mindfulness, or simply slowing down.

This month is your reminder to put yourself first.



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

