

# GE FITNESS CENTER

## NEWSLETTER

FEB 2025 EDITION

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### PARTNER WORKOUT FACTS FOR YOU & YOUR GYM BUDDY

- **Motivation and accountability:** Working with a partner you're more likely to stick to your workout schedule when you have a reliable partner.
- **Increased exercise confidence:** When you workout with a partner, you are more likely to enjoy your workout and try new exercises.
- **Improve form and technique:** Having a partner can ensure you're performing exercises correctly.



# February



## HEART HEALTH MONTH: EXERCISE YOUR WAY TO A STRONGER HEART

Here are three types of exercises to maintain healthy heart health.



**Aerobic Exercise:** Improves circulation, which can lower blood pressure and heart rate.

**Examples of Aerobic Exercises:** A brisk walk, swimming, running or jumping rope.



**Resistance Training:** Reduces fat and create leaner muscle mass.

### Examples of Resistance Training:

Resistance bands, weight machines and body weight exercises (squats, pushups and chin-ups).



**Stretching and Flexibility:** Maintains aerobic exercise and resistance training. Stretching indirectly contributes to the heart ,as flexibility helps to maintain aerobic and resistance training.

**Examples of Stretching:** Holding a stretched position for 30 seconds.

# NUTRITION TIDBITS

## February is American Heart Month!



Did you know key risk factors for heart disease are high cholesterol, hypertension, smoking, diabetes, unhealthy body weight, excess alcohol consumption, lack of physical activity?

Nutrition is important in managing your heart health. Take these 6 steps to build a more heart healthy diet:

1. Control portion sizes
  - Read food labels and measure out serving sizes
  - Use a smaller bowl or plate to help control your portion sizes
  - Choose more whole food sources
2. Eat more fruits and vegetables
  - Fruits and vegetables are a great source of vitamins and minerals and are low in calories
  - Easy ways to include more vegetables are to buy frozen, canned (low sodium), or pre-chopped like a salad kit
3. Choose whole grains over refined
  - Whole grains are a great source of fiber and other heart healthy nutrients
  - A high fiber diet helps to reduce LDL (bad) cholesterol
4. Limit unhealthy fats
  - Limit saturated fats to 6% of total daily calories (13g/day if eating 2000 calories) and avoid trans fats
  - Choose olive oil or avocado oil instead of butter, use low fat substitutes and limit fried foods
5. Choose lean protein sources
  - Poultry, fish, low fat dairy and eggs, beans, and lentils are great options for low-fat proteins
6. Reduce sodium intakes
  - Keep sodium intakes to less than 2,300 mg/day
  - Choose herbs, spices, and salt-free seasonings
  - Limit canned soups, prepared meals, and restaurant meals

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

## Emotional Wellness

Self-love is a positive concept that involves appreciating and caring for yourself in a healthy way. It's a key component of well-being.

Loving others is often easier than loving yourself. We tend to be our own worst critics, treating ourselves worse than we would ever treat those closest to us.

Learning to build your self-love doesn't mean growing arrogance or self-centeredness. It means learning to treat yourself with the same care and respect you show for your loved ones. During a month where showing love to others is celebrated send some love your way too !



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\*SSO and email required

