

GE FITNESS CENTER

NEWSLETTER

JAN 2025 EDITION

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



➤ New Classes Alert!

Chair yoga

Monday's Jan 6th at 11am – 12pm

Discover the benefit of gentle movement and improved flexibility with our new Chair Yoga class! Perfect for all fitness levels, this class offers a low-impact way to build strength, reduce stress and enhance mobility using the support of a chair.

➤ Strive for 5 Fitness Challenge

Strive for 5 is a 6- week fitness program designed to help participants commit to completing five workouts per week, building consistency and strength in a supportive community with tailored workouts, accountability check-ins and motivational prizes, this challenge is perfect for jumpstarting your fitness journey in the new year.

➤ Tip of the month: Progression Over Perfection

Mastering your New Year's goals is a journey. By focusing on building habits, staying accountable, and celebrating small victories, you'll develop sustainable changes that last well beyond January.



NEW YEAR, NEW GOALS!

MASTER YOUR NEW YEAR'S GOALS

Happy New Year, GE Fitness Center Members! January is the perfect time to refresh your fitness goals and embrace a healthier lifestyle. Setting New Year's goals can be a powerful way to spark personal growth. However, research shows that only 8% of people achieve them. This guide compiles strategies backed by psychology and behavior science to help you turn resolutions into lasting habits.

➤ Start with SMART Goals

What are SMART Goals?

- Specific: Clearly define your goals (Ex, "Lose 10 pounds" vs. "Get in shape").
- Measurable: Track your progress (Weigh-ins, step counts).
- Achievable: Set realistic goals based on your current abilities.
- Relevant: Align your goals with values and accountable.
- Time-Bound: Set a deadline to keep yourself accountability.

Example of SMART Goal: "I will attend three yoga classes per week for the next two months to improve flexibility."

➤ Break It Down

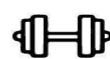
Large goals can feel overwhelming. Research suggest breaking them into smaller, actionable steps increases success rates.

- *Example:* Instead of saying, "I want to run a marathon," start with, "I will run 1 mile three times this week."

➤ Build Accountability

Involve others in your journey to boost motivation.

- Share your goals with a friend or family member.
- Join a community or group with similar goals (ex. Fitness classes or support groups).
- Use apps like Habit Tracker or MyFitnessPal for progress updates.

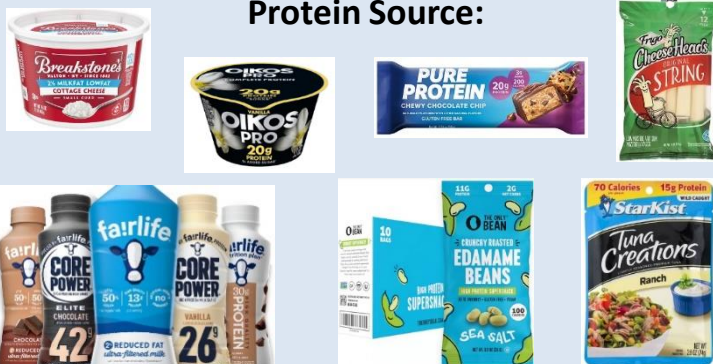


NUTRITION TIDBITS

Building Balanced Snacks This New Year

Often snacking gets a bad reputation based on what we classify as snack foods traditionally. However, if you have a balanced snack, it can provide you with the energy needed to fuel your innovative meetings. We recommend fueling your body every 3-4 hours. A snack between lunch and dinner can not only prevent the mid-day slump but also can help with portion control going into dinner. There are a couple of key components to ensure you have in each snack: protein and fiber. Both protein and fiber are satiating and aid in blood sugar management. Below are some balanced snack ideas with a protein and fiber source.

Protein Source:



Fiber Source:



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

Financial Wellness

This month is a reminder to pay attention to your financial health. It's a good time to start fresh with some financial resolutions. Here are some examples of financial goals you can make for the new year.

- Check your credit Score
- Start tracking spending habits
- Figure out your own financial values that drive spending choices
- Seek out financial education: online videos, articles, professional services
- Take advantage of employer-offered financial wellness benefits
- Eliminate unnecessary recurring subscription fees
- Learn how to live below your means



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

