

GE FITNESS CENTER

NEWSLETTER

JULY 2025 EDITION

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5 STRETCHES TO COMPLETE BEFORE GETTING OUT OF BED



Toe
Reach



Happy Baby



Cat



Cow

W



Banan



july

GLOW UP: YOUR SKIN'S SUMMER SURVIVAL KIT

Hot temperature, strong UV rays from the sun, and sweat can all take a toll on your skin. Here's how to protect and nourish it:

- **SPF is Non-negotiable:** Reapply every 2 hours, especially if sweating or swimming. Look for broad-spectrum SPF 30.
- **Cleanse Gently, But Often:** Use a mild cleanser to wash off sweat and sunscreen buildup.
- **Hydrate From Outside In:** Use a lightweight, water-based moisturizer with ingredients like hyaluronic acid, aloe, or glycerin.
- **Sunburn Soothers:** Use Aloe vera, chamomile, and cucumber-based mist can cool and calm overheating skin.
- **Don't Skip Exfoliation:** A Gentle scrub once or twice a week removes dead skin cells and maintains less textured skin.

Quick Tip: Store your toner or face mist in the fridge for a refreshing mid-day spritz.

Skincare is important because it helps protect the body's largest organ, the skin, from environmental damage, dehydration, and premature aging. In hot or sunny conditions, UV radiation can break down collagen, leading to sunburn, wrinkles, or even skin cancer. Proper skincare, including hydration and sun protection, acts like preventative maintenance. Skincare preserves the skin's structural integrity, supports cellular repair and improves overall function, much like a protective coating on a machine to ensure it runs smoothly and efficiently over time.

NUTRITION TIDBITS



Planning is ESSENTIAL to eating healthy while traveling. Also, don't "bored" eat. Traveling can lead to boredom, especially if you're just sitting for hours. Pack reading materials, games to play, cards, etc.

When Flying:

- Pack non-perishable food items
- Hydrate! Carry a water bottle in your travel bag that you can fill once you've passed through security.
- Skip the salt. Airplanes tend to have lower humidity which can lead to dehydration. Salty processed snacks like chips, as well as salted nuts, only help speed along that parched feeling while you're on board.
- Foods to carry-on the plane: fruits & vegetables like oranges, grapefruit, bananas, apples, bell peppers, carrots, cucumbers, broccoli; dried fruit, unsalted nuts, protein bars, roasted chickpeas or edamame

At The Hotel:

- Before arriving, search grocery stores and healthy restaurants near your hotel. Also, request a mini-fridge in your room. This will allow you to purchase healthy food items you can refrigerate such as fresh fruit, Greek yogurt, eggs (microwaveable), chopped vegetables, hummus and guacamole packs, low-fat cheese sticks, etc.
- If your hotel offers a complimentary breakfast, choose high protein, high fiber foods like hard boiled eggs, Greek yogurt and unsweetened oatmeal and fruit

On Road Trips:

- Pack a cooler with easy to eat snacks such as carrot sticks, cucumber slices, low-fat cheese sticks, hard boiled eggs, fresh fruit, Greek yogurt and cherry tomatoes. If it is hot outside, try to keep the cooler in the back seat of your car rather than the scorching trunk.
- Also pack food items that are non-perishable at room temperature such as whole-grain crackers, nuts/seeds (low sodium or unsalted), fruit, dried fruit, beef or turkey jerky, soy nuts, sandwiches with nut butters
- If you must stop and your only options are typical fast-food restaurants, check the restaurant's menu online and look at the nutritional content so you know the healthiest option before you arrive.

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

Tips and ideas for getting movement in while travelling

On the road:

- Build time into your itinerary for a walk at the airport.
- Set an alarm on your phone for mobility breaks.
- Try Isometric muscle holds while in still situations.
- Search Grokker App or YouTube for seated workouts.
- Bring mobile workout items like minibands.

Staying overnight

- Use hotel pools or gyms.
- Find parks or outdoor workout options nearby.
- Search tourist or scenic destinations within walking distance.
- Find nearby gyms that offer a day pass.



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

