

GE FITNESS CENTER

NEWSLETTER

JUNE 2025 EDITION

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SCALE THE MYTH

You might gain muscle and lose fat- but the scale stays the same

That's Progress!

This shift leads to leaner, healthier body composition.



How InBody Helps

- Provides a breakdown of body fat, muscle mass and water. Not just weight.
- Let's you track changes over time, like gaining muscle while losing fat.
- Encourages goal setting based on real metrics not just weight.



JUNE

UNDERSTANDING BODY FAT VS. MUSCLE MASS

The scale doesn't tell the full story. Two people can weigh the same but look and feel completely different depending on their body composition.

Body Fat:

Purpose: Your body needs some fat to protect organs, store energy and regulate hormones.

Too Much: Excess body fat, especially around the organs, increases risk for chronic diseases like heart disease, diabetes and high blood pressure.

Health Range: A healthy range of body fat can be solely dependent on the person's activity, height and weight to determine health ranges of body fat percentage.

Muscle Mass:

Purpose: Muscle helps you move, maintain balance and boost metabolism.

More Muscle = Higher Metabolism: Muscle burns more calories at rest than fat.

Benefits: Improves posture, protects joints, support healthy aging, and enhance physical performance.

Tips For A Healthier Body Composition:

- Lift weight or do bodyweight resistance training 2-3 times a week.
- Eat enough protein to support muscle repair and growth
- Stay Consistent body recomposition takes time.

NUTRITION TIDBITS

Hydration

In the summer months, it's even more important to pay close attention to your hydration levels, especially if you are doing any prolonged activity outside in the sun.

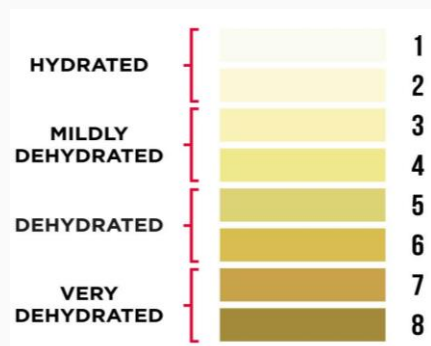
Recommendations:

- Women- 9 cups/day (72 ounces)
- Men- 13 cups/day (104 ounces)
- 50% body weight in ounces



Tips to increase intakes:

- Start early in the morning with a glass of water before your coffee
- Carry a refillable bottle and fill it up throughout the day
- Add flavoring drops and packets or choose flavored sparkling water to mix it up
- Set a reminder on your phone or calendar



Symptoms of dehydration:

- Dizziness or light-headedness
- Headache
- Tiredness (fatigue)
- Dry mouth, lips, and eyes
- Urine color

Do you need an electrolyte enhanced sports drink?

The three main electrolytes that our body needs are sodium, potassium, and magnesium. We can typically replace these electrolytes through our diet alone and most Americans are consuming above the recommended intakes of sodium. However, there are some cases where you may consider an electrolyte enhanced sports drink. *Check with your doctor if you have high blood pressure or have been instructed to follow a low sodium diet.*

When you may need an electrolyte enhanced sports drink:

- You're exercising for more than one hour or with elevated intensity
- It's very hot outside
- You're a naturally heavy or salty sweater (you create puddles of sweat or notice white cast on your face and clothes during a workout)

Adapted from: Cleveland Clinic

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 **growth mindset** is the belief that one's abilities can be developed through effort and practice. Ways to develop a growth mindset:

- Focus on your positive actions instead of your traits and talents.
- See challenges as chances to learn & grow
- Be patient with your process & progress
- Learn from others
- Stop seeking approval
- Acknowledge and embrace imperfections
- Ask for feedback & constructive criticism
- View failure as a learning opportunity
- Cultivate a sense of purpose



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*SSO and email required

