

# GE FITNESS CENTER

## NEWSLETTER

MARCH 2025 EDITION

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## MEET OUR NEW LEAD WELLNESS COORDINATOR



Rose graduated from the University of Toledo with a bachelor's degree in Exercise Science and from The Ohio State University with a Master of Public Health degree.

She enjoys camping, hiking, country concerts, baking, sand volleyball, and cheering on the Buckeyes.



# MARCH



## MENTAL TOUGHNESS: TRAIN YOUR MIND LIKE AN ATHLETE

Three Mindfulness Techniques used by elite athletes to strengthen mental health and build mental toughness.

### 1. Visualization (Used by Serena Williams & Michael Phelps)

What is it: Mentally rehearsing success before it happens.

How to do it: Close your eyes and picture yourself achieving a goal- whether it's crushing a workout, nailing a yoga pose or staying calm under pressure.

### 2. Controlled Breathing (Used by LeBron James & Kobe Bryant)

What is it: Using breathwork to stay calm and focused.

How to do it: Try **box breathing** (inhale 4 secs, hold 4 secs, exhale for 4 secs, inhale 4 secs).

### 3. Positive Self-Talk (Used by Simone Biles & Tom Brady)

What is it: Replacing negative thoughts with empowering affirmations.

How to do it : Instead of "I can't do this", say "I've trained for this. I am strong." This builds confidence and resilience.



## WHAT ARE THE ODDS?



March is about March Madness!  
March 1<sup>st</sup> we will start GEFC's own Madness fitness challenge. Sign ups start March 1<sup>st</sup> – 16<sup>th</sup>. See one of our fitness specialists to sign up!  
Brackets will be available on March 17<sup>th</sup>

# NUTRITION TIDBITS

## Meal Prep Tips for a busy spring schedule

As the weather starts to warm up and schedules get busier, meal planning and prepping can be a great tool to stay on track with your goals.

Keep reading for some tips to make meal prepping quicker and easier!

1. Decide what you will eat for meals and snacks for the week and put it on a calendar. You can print out a calendar, get a dry erase board for the fridge, or use a Google/online calendar. Create theme nights like Pasta Sunday, Taco Tuesday, leftover night, etc. to help with decision fatigue.
2. Look at recipe ingredients needed for each meal and snack and create a grocery list. Check your pantry and fridge first and swap to save money and use resources. For example: spinach for kale, pinto for black beans, rice for quinoa, etc.
3. Plan in prep time on the weekend to make weekday dinners and spread out the work to dedicated days of the week. Now the meal prepping begins! You can prep for the first half of the week, the full week, or just prep components to put into meals like chopping ingredients. Maximize your cooking time by using multiple appliances at once like a rice cooker, air fryer, oven, and stove. Put on some music or a podcast to make meal prepping more enjoyable!
4. Be prepared with backups- stock the pantry and freezer with easy options in a pinch and make a list of "go-to" meals.

### WEEKNIGHT DINNER THEME IDEAS

- |                        |                       |                 |                                |
|------------------------|-----------------------|-----------------|--------------------------------|
| • Meatless Monday      | • Instant Pot         | • Sandwiches    | • Pizza night                  |
| • Taco Tuesday         | • Slow Cooker         | • Seafood       | • Leftovers                    |
| • Take out fake out    | • BBQ/ Grill          | • Soups & Stews | • Clean out the fridge dinner! |
| • Breakfast for dinner | • Wild game           | • Meal Salads   | • Air Fryer                    |
| • Pasta                | • Casserole           | • Mediterranean | • Skillet Dinners              |
| • Beef                 | • Stirfry             | • Indian        | • Sheet pan dinners            |
| • Chicken              | • Savory Traditionals | • Korean        | • Wing Wednesday at home       |
| • Pork                 | • Rice Bowl           | • Vegan         | • Kids choice                  |

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

## Environmental Wellness

Creating your own sacred space, whether it's at home, at work or in some "third space" such as a hotel room when traveling, allows you to intentionally influence the environment that you surround yourself with.

Your sacred space might contain a single object such as a small meaningful personal item you deliberately place in a special location, like at your desk, a cozy corner in your home, or an area of your yard.

Make your sacred space personal. Choose objects that give you energy, positive thoughts, bring up good memories, inspire you or help you get into the right state of mind.



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

