

# GE FITNESS CENTER

## NEWSLETTER

SEPT 2025 EDITION

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



## 3 BENEFITS OF WALKING

### Improves Cardiovascular Fitness & Drops Body Fat

- Walking increases the heart rate, which strengthens the heart and helps the lungs move oxygen into the body more efficiently. Walking uses energy, which helps lower body fat, body weight and BMI over time. With more oxygen exchange in the lungs, the body can use energy more effectively.

### Improves Physical Function in Older Adults

- Walking helps keep muscles and joints active, which maintains mobility and balance. Weight bearing exercises like walking allow bones to be stronger, improve bone density and slow down bone loss.

### Reduces Risk of Chronic Disease and Mortality

- A study of about 18,000 women found that about 5,000 steps daily reduced mortality rate by 41%. Since walking is affordable and easy to do almost anywhere, this activity is highly accessible. It improves overall health by lowering blood pressure, managing blood sugar and reducing inflammation.

Ungvari, Z., Fazekas-Pongor, V., Csiszar, A., & Kunutsor, S. K. (2023, December). The multifaceted benefits of walking for healthy aging: From blue zones to molecular mechanisms. GeroScience. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10643563/>



# September

## NO EQUIPMENT WORKOUT

### COMPLETE FOR 4 SETS OF 10

Cycle through this circuit four times for reps of ten. Add a weight for a challenge but if on the go or traveling no equipment needed.

#### 1.Squats

- Stand tall, feet shoulder-width apart, and lower into squat like you're sitting in a chair and rise back up.
- Tip: Keep your knees behind your toes and chest lifted. Stabilize your knees by keeping them in place. Bend knees into a 90-degree angle.

#### 2.Push-Ups

- On hands and toes (or knees), lower your chest to the floor, then push back up.
- Tip: Engage your core so your hips don't drop.

#### 3.Side Reaches

- Step side to side while reaching one arm overhead by bringing your elbows by your ears each time you reach overhead as if picking apples from a tree.
- Tip: Keep movement controlled to engage obliques.

#### 4.Shoulder Taps

- In a high plank, with your palms on the ground to hold your weight; tap one hand to the opposite shoulder and alternate. Keep hips steady to work your core harder.
- Tip: To modify, place a mat under your body, use the mat to keep your knees down and cushion your hands and knees while holding this high plank.

#### 5.Jumps

- Jump straight up, reaching arms overhead, then land softly and repeat.
- Tip: Replace the jump with a calf raise to protect your joints.

# NUTRITION TIDBITS

## National Cholesterol Education Month

Understanding what foods can influence your cholesterol is important for improving your lipid panel. Eating a high fiber diet, choosing healthy fats and reducing your intake of saturated and trans fats are important changes to make to your current diet.



Fiber is very important for an improved lipid panel. The goal is to eat plenty of fruit/vegetables but also whole grains to get a variety of different types of fiber.

### Fiber Recommendations

Women: 25+ grams per day if <50 years old or 20 grams per day if 50+ years old  
Men: 38+ grams per day if <50 years old or 30 grams per day if 50+ years old

Choosing healthier fats that contain omega-3 fatty acids will improve your lipid panel. Goal is to consume two 4-ounce portions of fatty fish each week, such as salmon, lake trout, canned light tuna (in water), mackerel and sardines. Other sources of omega-3 fatty acids can be found by eating a variety of nuts and seeds. Other healthy fats include vegetable oils and avocado.



Limiting saturated and trans fats is important for our heart health. Tips to limit saturated and trans fat include:

- Eat a balanced diet of fruits, vegetables, whole grains, fat-free or low-fat dairy products and lean sources of proteins (poultry, fish, pulses)
- Limit red meats – if consuming red meats choose lean cuts of beef and pork with “loin” or “round” in their name, choose 90/10 or leaner ground meat, trim or drain any excess fat from the meat
- Cut back on processed meats such as hot dogs, salami and bacon
- Choose un-hydrogenated vegetable oils, such as avocado, canola, safflower, sunflower or olive oil
- Replace higher fat cheese with lower fat options such as reduced fat or part skim
- Limit intake of fried foods and baked goods
- Limit intake of sugar-sweetened foods and beverages

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

Did you know that physical activity can improve your cholesterol numbers?

Regular physical activity helps raise HDL good cholesterol while also lowering LDL (bad) cholesterol and triglycerides.

### Consistency is Key!

Establishing a regular exercise routine is crucial for maintaining and increasing HDL levels. Explore options that are fun or interest you to improve your enjoyment and long-term sustainability.

150 minutes of cardiovascular exercise spread out through the week and 2 sessions of strengthening are recommended for weekly physical activity.



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

