

GE FITNESS CENTER

Newsletter

April 2026 Edition

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A Stress Less Moment

Use this breathing method throughout your day to lower your stress level, slow down your breathing and regulate your emotions.

Box Breathing (4-4-4 method)

Inhale for 4 seconds.

Hold for 4 seconds.

Exhale for 4 seconds.

Repeat the steps above 4 times.



April



A Better Way to Stress Less

As we get back to longer days, flowers in bloom and (hopefully) better weather, we know that Spring is here!

April is Stress Awareness Month and we hope you're learning how to manage your stress. Try introducing stress management practices into your routine and sharing these tips with others.

Stress awareness should be a priority due to the impact stress can have on our health. Our bodies produce a hormone during stress called cortisol. This hormone prepares the body for "fight or flight" responses. In short bursts, cortisol can be helpful.

However, long-term elevated cortisol levels are linked to many health problems like high blood pressure, PCOS (a hormonal imbalance disorder common in women), digestive issues and a weakened immune system.

Here are a few methods to help manage your stress levels this Spring:

- Exercise regularly: releases endorphins and hormones to boost mood.
- Seek support from family and friends who you trust.
- Nurture yourself with self-care: take some time for yourself, journal or listen to music.
- Embrace spring: use this season as an excuse to enjoy sunny weather; try seasonal fruits and vegetables, and get some sunshine.

NUTRITION TIDBITS

Gear up to a plant-based Spring!

Research has found replacing some animal-based protein with plant-based protein sources help reduce the risk of heart disease, diabetes and some cancers.

Take a look at the best plant-based sources of proteins below:

Food	Amount	Protein
Tofu	1 cup	24g
Tempeh	1 cup	34g
Edamame	1 cup	18g
Black, pinto, kidney beans	1 cup	15g
Chickpeas	1 cup	14g
Chia seeds	3 Tbsp	9g
Hemp seeds	3 Tbsp	10g
Quinoa	½ cup, dry	12g
Lentil or chickpea pasta	2 ounces	13g
Plant-based protein powder	1 serving	20-25g

Considerations for eating plant-based proteins:

- Eat a wide variety of plant-based protein sources to ensure you are getting complete amino-acids
- Choose plant-based milks with added Vitamins D & Calcium
- Mixed nuts and seeds provide healthy fats along with protein and other important nutrients

Our Registered Dietitians can help you achieve your health goals. FREE appointments are available for GE employees, spouses, dependents age 16 and up, and 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

Bloom with Balance

Spring is in full swing, and April is a great time to nurture both your body and mind.

Try these simple steps to stay balanced:

1. Hydrate for Health:

As temperatures rise, make sure you're drinking enough water. Staying hydrated supports energy, digestion, and overall well-being

2. Add Color to Your Plate:

Bright seasonal produce like carrots, peas, and berries are packed with vitamins. Aim for a rainbow of colors to boost nutrition and flavor.

3. Take a Breathing Break:

Stress can sneak up on us. Pause for a few deep breaths during your day. Even one minute can make a difference.

This month, let nature's renewal inspire your own.



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