

GE FITNESS CENTER

NEWSLETTER

AUGUST 2026 EDITION

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



STRETCH BREAK

Improve flexibility, reduce muscle tension and promote relaxation. Hold each stretch for 2-5 minutes.



Lunge

Seated Forward Fold



Cat



Cow



Child Pose



Spinx

August

HEART RATE TRAINING: PUTTING YOUR ZONES TO WORK

Last month, we introduced heart rate training zones and how they can help guide your workouts. This month, let's focus on how to use those zones effectively to reach your fitness goals.

How to calculate your max heart rate:

1. Calculate your maximum heart rate

$$\text{HR max} = 220 - \text{your age}$$

Example for a 40-year-old:

$$220 - 40 = 180 \text{ bpm}$$

2. Apply the percentage for each heart-rate zone.

3. Identify your Heart Rate Zones

Zone	% of HR MAX	Purpose
Zone 1: Very light	50%	Warm-up, recovery
Zone 2: Light	60%	Fat- burning, easy endurance
Zone 3: Hard	80%	Anaerobic training, performance
Zone 4: Max	90%	Short burst, peak effort

4. Matching Zones to Your Goals

Goal: Improve Overall Health

Spend most of your exercise time in Zone 2 and 3. These moderate-intensity zones help improve heart health, circulation and endurance while being sustainable for longer workouts.

Goal: Burn More Calories

Mix Zone 2 and Zone 3 workouts with occasional higher-intensity intervals. Higher heart rate increase calorie expenditure, while moderate sessions help maintain consistency and recovery.

Goal: Boost Athletic Performance

Incorporate Zone 4 intervals once or twice per week. These challenging efforts improve cardiovascular capacity and help you perform at high intensities.

NUTRITION TIDBITS



Beginning the day with a balanced breakfast can support appetite control, satiety, weight management, cognitive performance, and have positive effects on morbidity risk factors. As children head back to school, mornings often

become mornings often become hectic with getting kids up, packing lunches, and making sure they arrive at school on time before you head to work. During these busy mornings, it is important to find simple ways to include a healthy, balanced breakfast for both you and your children.

Here are two balance breakfast ideas that will help you get through the morning with ease. They can be made on the weekend and ready to go for the week ahead.

High Protein Overnight Oats

Ingredients:

⅓ cup old fashioned rolled oats
1 scoop (30 grams) vanilla or chocolate protein powder
1 tablespoon chia seeds
½ cup milk of choice
Optional toppings: Fruit, Greek yogurt, nut butter, granola.

Instructions:

- Add rolled oats, protein powder, and chia seeds into a jar or small bowl and stir well to combine.
- Pour the milk over the oat mixture and stir again until no protein powder clumps remain.
- Cover and refrigerate at least 8 hours or overnight.
- To serve, top with toppings of your choice.
- May store in refrigerator for up to 1 week.

Egg Bites

Ingredients:

Cooking spray
8 large eggs
1 cup cottage cheese (low-fat)
½ cup shredded sharp cheddar cheese
¼ teaspoon fine salt
Pinch of black pepper
Fresh chives, roughly chopped

Instructions:

- Preheat oven to 350°F and lightly grease a muffin pan with cooking spray.
- Blend eggs, cottage cheese, cheddar, salt, and pepper until smooth.
- Fill muffin cups about halfway with the egg mixture. Top with chives and any desired mix-ins (e.g., vegetables or bacon).
- Bake for 20–22 minutes, or until the centers are slightly firm to the touch.
- Remove from the oven. The egg bites will be puffed up but will settle as they cool.
- Let cool before removing from the pan.
- Enjoy immediately or store in an airtight container in the refrigerator for up to 5 days.

Our Registered Dietitians 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.

Recipes sources: <https://therealfooddietitians.com/>

WELLBEING COLUMN BACK-TO-SCHOOL

WELLNESS FOR FAMILIES

August often means preparing children and teens for back-to-school routines, making it an ideal time to refresh healthy habits. Ensuring kids get adequate sleep helps support concentration and behavior in the classroom. Consistent meal patterns, including a nutrient-dense breakfast, promote sustained energy and learning throughout the day. Review backpack ergonomics to prevent strain — a backpack should weigh less than 10–15% of a child's body weight. Regular handwashing and staying up-to-date on immunizations also reduce the spread of illness during the school year. Creating routines early helps ease the transition and supports a healthier academic year.

References: CDC
(Back-to-School Health);
American Academy of Pediatrics
(Healthy School Routines).

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