

GE FITNESS CENTER

Newsletter

Feb 2026 Edition

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



Walking Into The New Year

Sign-ups start now at the
Health Specialist Desk or scan
this QR code below to register
today. Challenge starts January
12th and runs until March 4th.



February

Healthy Heart Month: How can aerobic exercise improve your heart health?

Heart disease is one of the leading causes of death amongst men and women in the United States can affect just about anyone. Scientific research recommends consistent low impact aerobic exercises to decrease the risk of heart disease and conditions like high blood pressure and high cholesterol.

Exercises like walking, jogging and swimming are low impact aerobic exercises. These exercises increase the heart rate and the amount of oxygen the body uses during exercise.

Benefits of low impact aerobic exercise include:

- Lowers blood pressure
- Can decrease risk of diabetes
- Helps maintain healthy body weight
- Reduces inflammation throughout the body
- May increase good cholesterol

How to start endurance or aerobic training

The American Heart Association recommend at least one hundred and fifty minutes of exercise per week or about thirty minutes of exercise five times a week.

Tips to reach 150 minutes a week include:

- Plan exercise sessions on your calendar; try scheduling the same days and times each week for consistency.
- Choose activities you enjoy. The more you like the activity there is a likelihood you will increase and complete it daily.
- Exercise in increments; for example, short 10-minute walks each day.
- Participate in exercise or physical activities with friends or family for accountability. Which can take your mind off time spent exercising.

As you continue with aerobic exercise; activity becomes easier.

Continue challenging yourself by trying one if not all the of the following tips below:

- Increase speed
- Increase resistance
- Increase length of exercise time

NUTRITION TIDBITS

February is American Heart Month!



Nutrition Tips for a Healthy Heart:

Fill half your plate with fruits and vegetables.

Colorful produce is rich in antioxidants and essential nutrients. Aim for a variety of colors.

Choose Whole Grains

Whole grains provide soluble fiber which helps to lower LDL “bad” cholesterol. Swap white bread, rice and pasta for whole wheat options and higher fiber grains like quinoa, farro, and barley.

Focus on Healthy Fats

Include omega-3 fatty acids like salmon, walnuts, flax seeds, and chia seeds. Use heart healthy oils like olive and canola oil, and limit saturated fats found in butter, fried foods, and processed snacks.

Reduce Sodium Intake

The recommendation for sodium is less than 2300mg per day (or as recommended by your physician or dietitian). Cook with herbs and spices in place of salt and choose low-sodium canned goods.

Lean into Plant Based Proteins

Beans, lentils, tofu, and nuts are an excellent source of protein and fiber, and low in saturated fats making them a great alternative to meats.

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 make a new year's resolution?

Many people start to struggle with January goals by early or mid-February.

Instead of throwing in the towel, we challenge you to pivot...It's not against the rules to modify your goal and start anew.

- Review your goal
- Adjust timelines or specifics,
- Explore additional resources and strategies
- Relaunch with an even smarter goal in mind

There are 11 months left in 2026 to see success!

Stay connected with your goals by revisiting your purpose for them and accomplishments regularly.



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

