

GE FITNESS CENTER

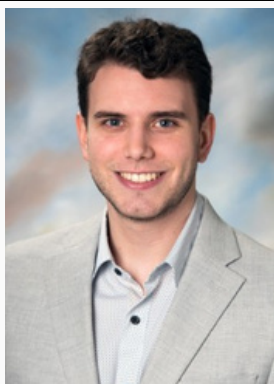
Newsletter

Jan 2026 Edition

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



Meet Our New Dietitian



Yale Godfrey

Yale gained an interest in health sciences during his time in high school athletics. He later narrowed his focus to nutrition in his first year attending University of Cincinnati where he also completed his Master of Science degree in Nutrition Science.

Favorite activities:

- Hiking/Skiing
- Watching TV shows/movies with his fiancé Emily
- Playing video games

Yale's go-to snacks tend to be low-fat string cheese sticks, apples, and bananas.

January

The Science of Motivation

Why does motivation come in waves? How can you use the science of motivation to support your fitness goals?

Have you ever wondered why some days you're excited to workout and other days you feel stuck or unmotivated? Motivation isn't random. It's influenced by how the brain works, especially the limbic system. The limbic system drives emotions, habits, pleasure and reward. The limbic system sends signals throughout the brain that release certain chemicals including dopamine, which is a hormone associated with motivation, reward and the "feel-good push" that helps you take action.

When dopamine is high, we feel energized and driven. When it is low, we feel unmotivated, even if goals haven't changed.

This means motivation is a biological cycle.

Here's how we can use science to our advantage:

1. Build systems to create discipline. Our brains love routines, like going to the gym at the same time of day.
2. Use "dopamine wins" to build momentum. Small achievements trigger dopamine like losing one pound a week as a goal or stretching for 10 minutes.
3. Expect motivation to rise and fall. Planning low energy workouts for low energy days like walking, stretching or yoga.
4. Focus on actions rather than feelings. Complete and track daily tasks.

Motivation is not something you lose. It's something that naturally shifts. When you understand how your brain works, you create routines that support your goals even on days when you feel less drive. Small steps done consistently will show greater gains versus short bursts of high motivation.

NUTRITION TIDBITS

Hot Nutrition Trends & why Dietitians are Cautious

Nutrition continues to be shaped by social media buzz and 2026 won't be any different! Here is a breakdown of some of the trendiest diets of 2025 and why dietitians caution patients against trying them.



Keto and Carb Cycling

What it is: A twist on the traditional keto diet with periodic reintroduction of carbs or “higher carb days”

Why it's trending: It promises fat-burning benefits and appeals to those who struggle with strict keto diets

Why Dietitians are cautious: Carb cycling can lead to inconsistent energy levels, and the keto diet poses a cardiovascular risk if not carefully balanced

Intermittent Fasting

What it is: Time-restricted eating, usually within 10 or 8 hours and fasting for 14 or 16 hours, respectively

Why it's trending: It fits into busy lifestyles and for those who do not normally like eating breakfast

Why Dietitians are cautious: Extended fasting can lead to nutrient deficiencies when meals aren't well-balanced, it may disrupt hunger/fullness cues, and it's not suitable for individuals with blood sugar issues, or certain medical conditions

Carnivore

What it is: An extreme elimination diet consisting solely of animal products; no fruits, vegetables, grains, or legumes

Why it's trending: Its simplicity appeals to those overwhelmed by nutrition advice

Why Dietitians are cautious: Eliminates entire food groups increasing the risk of fiber deficiency and gut health issues, lacks essential nutrients found in plant foods, and long-term risks of increased cholesterol and potential kidney strain

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.

WELLBEING COLUMN

Energy is a luxury we often feel the need to protect. However, what if protection isn't enough? Sometimes we work so hard to protect our energy that we can forget to invest it.

Whether investing means a new hobby, a new job, or a new year's resolution – anything worth having takes some energy. Just like any investment, spending some of our energy can save us down the line.

We can turn a hobby into a way to unwind or get in better shape to exert less.



Grokker

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

