

GE FITNESS CENTER

NEWSLETTER
JULY 2026 EDITION

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FIRECRACKER TRACKER



Celebrate America's 250th anniversary with this 4-week, 250 rep fitness incentive challenge. Participants will complete 250 reps of targeted exercises each week to build strength, earn rewards, and honor the nation's milestone birthday.

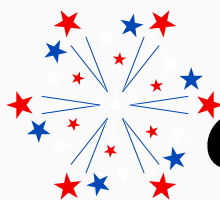
Challenge overview:
This 4-week Challenge starts July 6th

Weekly Goal: 250 total reps of the designated weekly exercise.

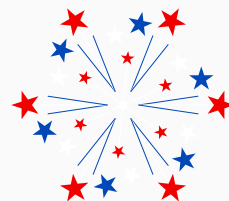
Daily Breakdown: Just 50 reps per day, 5 days a week.

Tracking: Participants log daily reps on a tracking sheet.

Sign up today at the Fitness Desk!



JULY



WHY TRACKING TARGET HEART RATE MATTERS

Public health guidelines recommend 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week or a combination of both types of exercises. Harvard Health notes monitoring your heart rate or analyzing exertion during exercise helps confirm you're working at your recommended intensity level.

Moderate intensity typically corresponds to 50-70% of your maximum heart rate, while vigorous intensity corresponds to 70-85%.

How to calculate max heartrate zone:

$$220 - (\text{AGE}) = \text{Max Heartrate}$$

Example: $220 - (70\text{-year-old male}) = 150 \text{ Max Heartrate}$

Understand Your Body's Effort

Heart rate zones show how hard your heart, lungs and muscles are working. While rate of exertion is a practical tool, comparing it to heart rate zones can help you stay on track.

Stay in your "Just Right" Zone

A moderate intensity zone about 60-70% of max heart rate also known as "Zone 2" is not too easy but not too hard. Tracking helps you stay with-in Zone 2.

Structure & Motivation

Seeing your heart rate in real time can help you:

- Maintain consistent effort
- Prevent pushing too hard
- Build confidence as your fitness improves

This allows you to reach your weekly 150 minutes of moderate or 75 minutes of vigorous exercise with being aware of your max heartrate during exercise.

NUTRITION TIDBITS

Summer is here! With the hot temperatures, proper hydration becomes a common concern. Many people resort to drinks like Gatorade to stay hydrated because of the marketed electrolyte content, but what even are electrolytes why are they so important?

Electrolytes are minerals such as sodium, potassium, magnesium, and calcium that act as solutes in the water in our bodies to regulate fluid balance.

Electrolytes are mostly excreted in urine, but they also leave our bodies through our sweat during prolonged periods in the summer heat. If we don't replace them, they can become depleted, hindering the fluid balance process.

Speak to a dietitian to find out if you might benefit from supplemental electrolytes!



Common signs of dehydration: Thirst, headaches, fatigue, decreased urination, dizziness, muscle cramps, dry mouth, and dry skin.

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

July's high temperatures mean it's essential to stay protected from heat and UV exposure. Wearing broad-spectrum sunscreen (SPF 30+), seeking shade, and using protective clothing can significantly reduce your risk of sunburn and long-term skin damage.

Aim to stay hydrated by drinking water regularly, especially during outdoor activities, because dehydration can develop quickly in hot environments.

Signs such as dizziness, fatigue, and dark urine may signal the need for immediate fluid replacement.

Consider avoiding outdoor activities during peak heat hours. Smart sun habits support both short-term comfort and lifelong skin health.

References: CDC (Sun Safety); NIH (Dehydration).



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*SSO and email required

