

GE FITNESS CENTER

NEWSLETTER

JUNE 2026 EDITION

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



THREE MOBILITY MOVEMENTS TO ADD TO YOUR WARM-UP

Supine Figure Four



Bridge Hold



Lunge on Knee to Hamstring Stretch



Mobility is a practice that helps you perform complex movements effectively in strength training programs. For instance, performing deep bodyweight squats can lead to successful barbell or dumbbell loaded squats.

Reflect on your recent workouts. Did you feel tight or stiff? If so, did you warm up your joints and increase your heartrate for five to ten minutes before your exercises? If yes, you're on the right track.

If not, mobility might be the missing component of your workout routine. Mobility enhances your range of motion by increasing your stretch tolerance.

Here are three benefits of practicing mobility:

- 1. Control Under Tension:** Learning to control your body under tension is crucial to improving overall joint function and performance.
- 2. Injury Prevention:** Poor mobility is a common cause of injuries. When joints don't move with ease the body compensates, leading to strain and injuries.
- 3. Improves Strength:** Consistently practicing mobility can improve communication between the central nervous systems and the muscles, allowing for more effective muscle contractions at all ages.

Health Fitness Specialists at the fitness desk can help you by reviewing different movements. Schedule a consultation with a Health Specialist at the fitness desk for your next workout.

NUTRITION TIDBITS

Meet Your Newest Personal Dietitian

Mayana Amlung, MS, RDN, LDN

Education:

M.S., Kinesiology, Nutrition and Health,
Miami University, Oxford, OH

B.S., Nutrition and Dietetics,
University of Cincinnati, Cincinnati, OH



Getting to Know Mayana

Outside of work, I enjoy spending time with family and friends. I also love cooking and trying new recipes—my current favorite is Tuscan Orzo Chicken.

I enjoy staying active and spending time outdoors. My go-to walking and running spot is Sharon Woods, and my favorite walking buddy is my dog, Oakley!

I love traveling. My top three favorite places I have traveled to are South Africa, Italy, and the Netherlands. I have many other countries I would love to visit, including Ireland and Greece.

Current Role:

Food is medicine. As a dietitian at GE, my goal is to educate and guide you in achieving your health goals. I am here to answer any questions you may have about nutrition and to provide individualized support along the way. I am committed to staying up to date with the latest research to ensure I deliver the highest quality care to my clients.

Contact Information:

Located at the GE Fitness Center & GE Family Wellness Center

Email: Mayana_Amlung@TriHealth.com

Dietitian Phone: (513) 853-8956

GEFWC P: (513) 853-8900

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

6 -Month Wellness Check In

We're halfway through the year—now is the perfect time to pause and reflect on your wellness journey.

1. Reflect on Your Goals: what has gone well, what needs more attention.

2. Celebrate Wins:
Big or small, progress matters, recognize successes.

3. Identify Barriers:
what has gotten in the way?
Brainstorm ways to overcome them.

4. Set new SMART Goals: Revamp a previous goal or create new realistic goals for the next six months—specific, measurable, and achievable.

Quick Challenge: Take 10 minutes this week to write down your top wellness wins so far and one goal for the next six months. Post it somewhere you'll see daily!



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

