

GE FITNESS CENTER

Newsletter

March 2026 Edition

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



GEFC Madness Slam Dunk Competition

Sign-up at the front desk
starting March 2nd to the 13th

Challenge Dates are March
16th to April 14th.

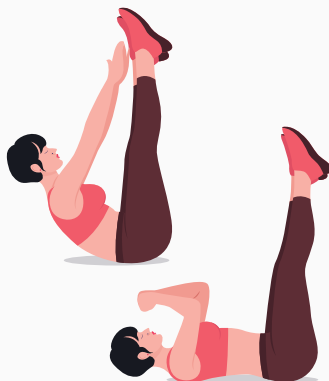
For questions contact
India_Cordes@trihealth.com or
find her at the Fitness Desk.



March

Core Strengthening Exercises

Perform these exercises 2-3 times a week, or 3-4 times a week for better results, on non-consecutive days.



Toe Reaches (1-3 sets of 20 reps)

- Lie on your back with your legs straight, toes pointing towards your forehead, fingertips pointed towards your toes.
- Engage your core by tightening your abs and pressing your lower back gently into the floor.
- Slowly lift your shoulder blades one to two inches off the ground, exhaling as you rise while keeping your neck neutral and your chin lifted.
- Hold briefly at the top without holding your breath, then lower yourself back down in a controlled motion while keeping your abs engaged.
- Return to the starting position and repeat

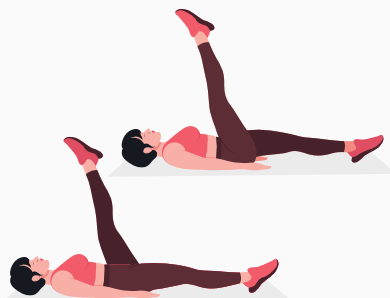
Bicycle Crunch (1-3 sets of 20 reps)

- Lie on your back with your hands placed lightly behind your head for support.
- Bring your knees toward your chest and lift your shoulder blades off the mat without pulling on your neck.
- Rotate your torso to the left, guiding your right elbow toward your left knee as you straighten the opposite leg.
- Switch sides, bringing your left elbow toward your right knee, and continue alternating in a controlled pedaling motion.



Leg Raises (1-3 sets of 20 reps)

- Lie on your back with your legs straight, toes pointing towards your forehead, place your hands by the sides of your body.
- Engage your core by tightening your abs and pressing your lower back gently into the floor.
- Slowly lower one leg down at a time towards the ground, hovering your feet 2 inches from touching the ground.
- Hold briefly at the bottom without holding your breath, then raise your leg back up to meet the other in a controlled motion while keeping your abs engaged.
- Return to the starting position and repeat on leg at a time. For a challenge, try lowering both legs at the same time.



NUTRITION TIDBITS

Dietitian Approved Meal: Thai Lettuce Wraps



Ingredients:

- 1 lb ground chicken
- ½ cup shredded carrots
- ½ cup bean sprouts
- 1 tsp garlic
- 1 tsp ginger
- ½ cup scallions or green onion
- 1 tsp red chili sauce
- 1 tbsp maple syrup, honey or agave
- 1 tsp sesame seeds
- 1 tbsp sesame oil
- ¼ cup of chopped onion
- chopped cashews (optional)
- low sodium soy sauce
- Butter lettuce

Instructions

- Make the garlic-ginger pan sauce: Heat up a pan to medium high heat and add the oil. Once the oil is hot, add in the onions. Toss and let cook for 2-3 minutes until the onions start to brown and turn translucent. Then add in the garlic and ginger. Toss that all together and let it cook for 2 minutes.
- Cook the chicken: Add the ground chicken to the pan, tossing it in the pan sauce while breaking it up with a wooden spoon or spatula. Season the chicken with a little salt and pepper and let it cook until it starts to turn golden brown and there is no more pink, about 3-4 minutes.
- Make the Thai chili sauce: add the soy sauce, chili sauce, lime juice, and honey to a small bowl and mix to combine.
- Add the sauce to the chicken: Sprinkle the chopped cashews over the chicken in the pan and pour in the sauce. Toss that all together, reduce the heat to low and let that all cook for 2 more minutes. Remove the pan from the heat and let it cool for a few minutes, then stir in the carrots, chopped scallions and cilantro.
- Assemble the lettuce wraps: To assemble the lettuce wraps, open one of the lettuce leaves and add a large spoonful of the chicken mixture into the wrap and top it with some of the pan sauce and sesame seeds. Continue until you have made all of the lettuce wraps

Our Registered Dietitian can help you achieve your health goals. FREE appointments are available for GE employees, spouses, dependents age 16 and up, and retirees.

Call 513-853-8900 to schedule your appointment with a Registered Dietitian 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

Spring into Healthy Habits

As days begin to grow longer after daylight savings time, here are three ways to refresh your wellness routine:

1. Get Moving Outdoors

Take advantage of the milder weather by walking, biking, or doing yoga outside. Fresh air and sunlight can boost your mood and energy levels.

2. Eat Seasonal Produce

Spring brings vibrant fruits and vegetables like asparagus, spinach, and strawberries that add nutrients and variety to your diet.

3. Practice Mindful Renewal

Just as nature renews itself, take time to declutter your space and mind. Try journaling or a short meditation to set positive intentions for the season.

Small steps can lead to big changes—start today and get your Spring off to a healthy start!



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

