

GE FITNESS CENTER

NEWSLETTER

MAY 2026 EDITION

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GOLF PERFORMANCE GUIDE

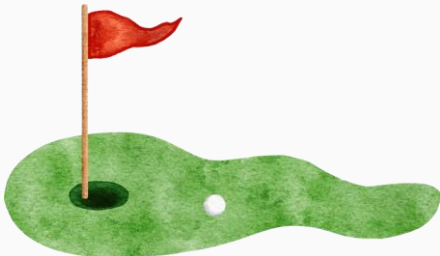
Whether you are returning to golf after a long off-season, picking up the game for the first time, or looking to add distance and consistency into your swing, this program is built for you!

This packet includes:

- Golf swing muscle map
- Phase 1: Mobility
- Phase 2: Activate Key Muscles
- Phase 3: Build Golf Strength
- Pre-Round Warm-up

Stop by the fitness floor desk to sign up, grab a packet, or review the packet with Health Fitness Specialist, Gavin.

We are happy to walk you through it!



HYPERTENSION AND THE INFLUENCE OF EXERCISE

Hypertension also referred to as the 'silent killer' affects 1 in every 2 Americans. Many are unaware of common signs and symptoms like blurry vision, light-headedness, and headaches all can be symptoms of a deeper problem. While others may not experience any signs of hypertension at all.

Hypertension is a condition effecting the arteries of the heart causing the heart to work harder. This condition can be a risk factor contributing to diagnosis of heart disease.

Exercise has been shown to lower blood pressure to an acceptable range compared to not working out at all.

The American Heart Association recommends:

- 150 minutes of moderate-intense exercise per week like strength training and cycling.
- 75 minutes of vigorous aerobic activity like running, walking and HITT training per week if moderate exercise is too easy.

Spend less time sitting:

- Increase the amount you move gradually each day. The Mayo Clinic suggest setting a reminder on your phone to take a walk break each hour for about 5-10 minutes.

Let us help:

- Worried about your high blood pressure? Schedule a FREE consultation with one of our Health Specialists at the fitness center. We have an integrated team that may be able to help.

• Getting active to control high blood pressure. [www.heart.org](https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/getting-active-to-control-high-blood-pressure). (n.d.). <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/getting-active-to-control-high-blood-pressure>
• Hypertension-related deaths rise more than fourfold in young women. American College of Cardiology. (2026, March 19). <https://www.acc.org/about-acc/press-releases/2026/03/18/20/30/hypertension-related-deaths-rise-more-than-fourfold-in-young-women>

NUTRITION TIDBITS

May is **National High Blood Pressure Education Month!**

Did you know that nearly half of adults in the US have high blood pressure according to the CDC?

Nutrition is one of many factors that influence blood pressure. The best way to reduce your blood pressure through the diet by reducing your sodium intake.

Foods that are often high in sodium include restaurant foods, canned foods, frozen meals, salty snacks, lunch meats, sports drinks (like Gatorade), and other processed foods.

Be sure to check the sodium content listed on the nutrition labels of the foods you are eating.

In general, people with high blood pressure should get between 1,500mg and 2,300 mg sodium per day, but your doctor or dietitian can tell you the specific limit that is right for you.



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

Keep your Blood Pressure in check

National High Blood Pressure Education Month is a great reminder to take care of your heart health. High blood pressure often has no symptoms, but it can lead to serious conditions like heart disease and stroke.

When is the last time you checked your blood pressure? Many places have free, self-service blood pressure kiosks.

Challenge: Measure your blood pressure daily. Use the Kiosk in the GE Fitness Center lobby, ask a medical professional, or check local stores like Walmart and CVS for a self-service Kiosk.



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

