GE FITNESS CENTER

Newsletter

Nov 2026 Edition

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Memeber Spotlight!

Howard Hamilton (HAM)

Let's wish Ham a happy 96th birthday!

Ham's birthday was October 21. We had the honour of speaking with one of GE Fitness Center's longest-standing members, whose commitment to the fitness center and dedication to GE have made a lasting impression on our community.

Ham worked as a manufacturing cost accountant for GE beginning in 1952. He dedicated 36 years of his life to GE, and we are truly grateful for his service. We also appreciate his continued presence at the fitness center.

Ham retired at the age of 59 and has been retired for 39 years. He loves spending time at the fitness center. He originally enjoyed participating in fitness center classes, but now spends most of his time in the pool.

When asked what advice he would give to current and future fitness center members, Ham shared: “Although I hate working out, I love moving my body and using the facility. I hope current and future fitness center members continue to take advantage of this facility. It has helped me because, if I had not moved my body after working in such a sedentary job, I probably would not be as mobile as I am today!”

It is a privilege to have Ham with us, and we are grateful for the encouragement, experience, and support he continues to share.



Beating the Winter Blues

With shorter days comes less sunlight and a drop in temperatures. Many people notice changes in their mood, energy levels and motivation . For some these feelings may be related to Seasonal Affective Disorder (SAD), a form of depression that occurs during a specific season, commonly present in the fall and winter months. While it may be tempting to hibernate until spring, staying active can be an effective tool to support your mental and physical health.

Research continues to show a strong connection between physical activity and improved mental well-being.

Exercise is associated with reducing symptoms of depression and anxiety, while also improving overall mood and quality of life. Studies have found that aerobic exercise, strength training and other forms of regular physical activity can be effective strategies for managing depressive symptoms.

Physical activity helps by:

- Releasing mood-boosting endorphins
- Reducing stress and tension
- Increasing energy levels
- Improving sleep quality
- Providing a sense of accomplishment and purpose

When motivation is low during these dark months, movement can be one of the best ways to break the cycle of inactivity and low moods.

Here are a few tips to add an extra boost during your workouts this season:

- Invite a coworker to join you
- Add workouts into your schedule
- Attend one group fitness class weekly
- Focus on consistency rather than perfection

NUTRITION TIDBITS



As we head into the fall season, you may be thinking about ways to support your immune system and help protect yourself and your family from the illnesses that often accompany cooler weather.

Here are some micronutrients you can include in your daily diet to help keep your immune system strong throughout the flu season. While these micronutrients have many functions in our body, they can also act as antioxidants, which help protect healthy cells from free radicals and support overall immune function. You can think of your body as a battleground that is constantly fighting to protect itself from infections and diseases.

Note that these vitamins cannot be produced by the body itself, so we must obtain them through our diet.

Vitamin C: Common sources of vitamin C include fruits and vegetables such as citrus fruits, broccoli, Brussels sprouts, tomatoes, potatoes, and green and red bell peppers.

Vitamin E: Found in plant oils such as olive, canola, sunflower, safflower, soybean, and corn oil. Other sources include green leafy vegetables, wheat germs, nuts, and seeds.

Vitamin A: There are two forms of vitamin A: preformed vitamin A (retinol and retinyl esters) and provitamin A carotenoids. Preformed vitamin A is found in animal-based foods such as dairy products, eggs, fish, and organ meats. Provitamin A carotenoids have antioxidant properties and are found in plant foods such as leafy green vegetables, tomatoes, cantaloupe, apricots, mangos, and orange and yellow vegetables.

In addition to eating an antioxidant-rich diet, personal hygiene also plays a key role in preventing illness. Proper handwashing, covering coughs and sneezes, and regularly cleaning frequently touched surfaces can help decrease the spread of germs.

FALL seasonal produce rich in antioxidants

- Pears
- Sweet potatoes
- Apples
- Cauilflower
- Mushrooms
- Artichokes
- Winter squash
- Beets
- Cranberries
- Pomegranes
- Brussel sprouts

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

Tips to Adjust to the End of Daylight-Saving Time

With a little focus on lifestyle habits and self-care, we can continue to thrive throughout the fall season and beyond.

- Give yourself time to adjust – make a plan.
- Mindful evening routine for consistent sleep and wake times.
- Mindful movement.
- Balanced nutrition including Vitamin D-rich foods.
- Natural light exposure - If you can't get outside, try using light lamps and dawn stimulator.

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**