GE FITNESS CENTER

NEWSLETTER
OCT 2026 EDITION

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EVENDALE MOBILE MAMMOGRAPHY

October 20th
Time: 8:30am-11:00am
Location: GE Family Wellness Center

To schedule your appointment, call Mercy Health at 513-686-3300 (Option 1)



October

MOVE BETTER THIS FALL: THE IMPORTANCE OF WARMING UP AND COOLING DOWN.

As temperatures begin to drop, many people notice increased muscle tightness and joint stiffness. Whether you're heading to the gym, taking a walk, or participating in recreational activities, preparing your body for movement is essential.

Often, exercise begins with jumping right into a workout and ends with heading straight back to work or home. Taking a few extra minutes before and after exercise can improve your performance, reduce soreness/discomfort and help keep your body moving.

Why warm up?
A proper warm up like a brisk walk or 5-10 minutes on an elliptical increases blood flow, raises muscle temperature and improves joint mobility.

Benefits of warming up include:

- Increases circulation to working muscles
- Improves flexibility and range of motion
- Advances workout performance
- Reduces injury risk
- Improves mental focus

A good warm-up doesn't need to be complicated. Spend 5-10 minutes performing light cardio and dynamic movements such arm circles, leg swings, marching in place or bodyweight squats.

Don't skip the cool down!
Cooling down allows your body to gradually return to its resting state after exercise. It can help reduce feelings of dizziness, decrease tightness and promote recovery.

Try spending 5-10 minutes after your workout:

- Walking at an easy pace
- Performing gentle stretches
- Practicing deep breathing
- Focusing on areas that feel tight or fatigued

NUTRITION TIDBITS

Mental Health Awareness Month

Did you know nutrition can impact your mental health? Your meal pattern, ability to manage your blood sugar control and the composition of your diet all play a crucial role. Ensure you are consuming regular, balanced meals throughout the day to promote stable energy and mood. When we skip meals, that can lead to lower blood sugar and can affect our energy and mood levels. Composition of your diet should include a balance of complex carbohydrates, leaner protein sources, plenty of fruits and vegetables and healthy fats.

Mood Boosting Nutrients to Include in your Diet:

- Omega-3 Fatty Acids
  - Anti-inflammatory actions that can help relieve symptoms of depression
  - Found in fatty fish (salmon, tuna, mackerel), flax and chia seeds, and walnuts
- B Vitamins
  - Deficiency can cause poor concentration and attention, memory, stress and irritability
  - Found in whole grains, lentils, beans, bananas, and nutritional yeast
- Magnesium
  - Regulates serotonin our, 'happy hormone' levels
  - Found in beans, nuts and seeds, bananas, tofu and spinach
- Tryptophan
  - Role in production of serotonin and melatonin (regulates sleep)
  - Found in oats, bananas, milk, tuna, chicken, turkey, and peanuts



Other Mental Health and Nutrition Considerations:

- Ensure you are properly hydrated – dehydration can present as anxiety symptoms
  - Hydration needs for Women –9 cups per day or 72 oz or up to half your body weight in ounces
  - Hydration needs for Men –13 cups per day or 104 oz up to half your body weight in ounces
- Be mindful of caffeine consumption as it can increase anxiety symptoms – the central nervous system produces and releases adrenaline and our heart rate may increase with caffeine consumption
- Be mindful of your sleep hygiene and how your nutrition affects your sleep – a larger meal in the evening may impact your sleep
- Simplify your nutrition to ensure nutrition is quick and easy to fit within our busy lifestyles

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

Have you tried diaphragmatic breathing, also known as "belly breathing"? It's a technique that encourages full oxygen exchange and slows the heartbeat, which can help lower or stabilize blood pressure. It also helps to strengthen the diaphragm.

1. Place one hand on your upper chest and the other just below your rib cage.
2. Breathe in slowly through your nose, allowing your stomach to move out, causing your hand to rise.
3. Tighten your stomach muscles to let them fall inward as you exhale through pursed lips, causing your hand to lower.

Grokker

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