

GE FITNESS CENTER

SEPTEMBER NEWSLETTER 2026 EDITION

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Center Newsletter electronically.



DAILY WELLNESS CHECK- IN

For the month of September, try taking 5 minutes each day to check in with yourself.

Pause > Breathe > Notice
> Adjust

Simply slow down and ask yourself what you need in that moment.

- Sometimes the answer will be movement
- Sometimes it will be rest
- Sometimes it will be water, food, fresh air, or a few deep breaths



KNOW YOURSELF. MOVE WITH INTENTION

September is a great time to pause, check in with yourself, and become more intentional about your health and well-being.

Self-awareness is the ability to recognize what you're feeling, what your body needs, what influences your choices and how your daily habits affect your overall well-being. It's not about being perfect, it's about paying attention.

When it comes to fitness, self-awareness can look like:

- Recognizing when your body needs rest instead of pushing yourself through fatigue
- Understanding the difference between discomfort and pain during exercise
- Noticing how your energy, sleep, nutrition and stress affect your workouts
- Identify the type of movements you enjoy
- Paying attention to how exercise impacts your mood and confidence
- Setting realistic goals based on where you are today

Fitness Tips With Awareness

Instead of simply counting repetitions, pay attention to your movement. Ask yourself:

- Am I using proper form?
- Where do I feel this exercise?
- Am I breathing consistently?
- Am I holding my breath?
- Can I maintain control throughout the movement?
- Do I need to modify the exercise today?

NUTRITION TIDBITS

September is National Food Safety Education Month!

1 in 6 Americans experience foodborne illnesses each year. The best way to prevent contamination in your own home is to follow these 4 steps:

1. CLEAN

Use soap and hot water to wash hands and surfaces after preparing each food item and rinse fresh fruits and vegetables under running water.

2. SEPARATE

Keep raw meats separate from other food items, including in grocery carts/bags and in the refrigerator. Use separate cutting boards for meat and produce and never place food on an uncleaned plate/surface that previously held raw meat.

3. COOK

Use a food thermometer to ensure you cook animal products to a safe minimum temperature, including meat, poultry, seafood, and egg products.

4. CHILL

Refrigerate or freeze foods promptly within 2 hours of cooking. Ensure refrigeration is kept at 40 degrees or lower and freezers at 0 degrees or lower.



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

Healthy Aging Month

September is a great time to focus on habits that support healthy aging. Regular physical activity, balanced nutrition, social connection, and mental stimulation all contribute to long-term wellness.

For instance, movement like walking, resistance training, or stretching can help maintain muscle strength and mobility. Eating nutrient-dense foods, including fruits, vegetables, whole grains, and lean proteins, supports energy and cognitive health.

Additionally, maintaining friendships, hobbies, and stress-reduction practices can lower the risk of depression and cognitive decline.

By making small, sustainable lifestyle choices at any age, we can promote quality of life and independence.

References: NIH (Healthy Aging); CDC (Physical Activity Guidelines).



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