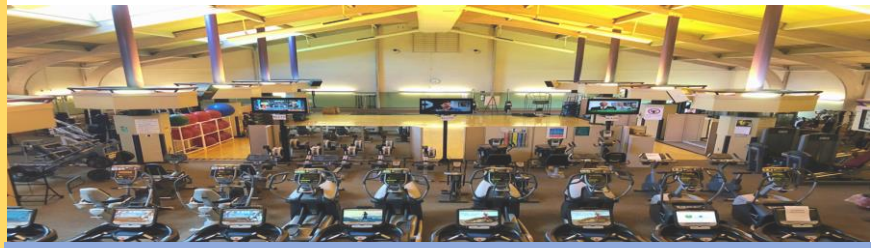


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GE FITNESS CENTER NEWSLETTER

April 2023

Stress Awareness Month

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you're not an athlete or even if you're out of shape, you can still make a little exercise go a long way toward stress management.



Exercise increases your overall health and your sense of well-being, which puts more pep in your step everyday. But exercise also has some direct stress-busting benefits:

- **It pumps up your endorphins!**

Physical activity may help increase the production of the brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, any aerobic activity, such as a rousing game of tennis or a nature hike, can contribute to this same feeling.

- **It reduces the negative effects of stress.**

Exercise can provide stress relief for your body while imitating effects of stress, such as the flight or fight response, and helping your body and its systems practice working together through those effects. This can also lead to positive effects in your body — including your cardiovascular, digestive and immune systems — by helping protect your body from harmful effects of stress.

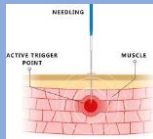
- **It's meditation in motion.**

After a fast-paced game of racquetball, a long walk or run, or several laps in the pool, you may often find that you've forgotten the day's irritations and concentrated only on your body's movements.

Mayoclinic.org

PT Corner:

Dry Needling:



What is dry needling?

“Form of therapy in which fine needles are inserted into myofascial trigger points, tendons, ligaments, or near nerves in order to stimulate a healing response in painful musculoskeletal conditions.”

Is dry needling the same as acupuncture?

Dry needling focuses on the treatment of pain and dysfunction in musculoskeletal condition, and is not intended to alter the flow of energy (Qi) along traditional Chinese meridian lines.

How does dry needling work?

Research has shown dry needling effects the musculoskeletal system, neurological system, and endocrine system to decrease pain by improving elasticity of tissues and decreasing inflammation.

Is it safe?

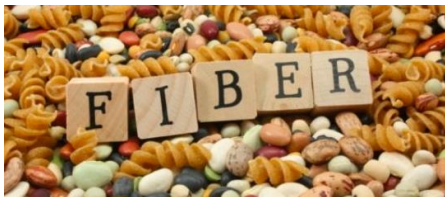
- 1 to 3% of patients report drowsiness, tiredness, and dizziness which is considered normal
- 0.01% (less than 1 per 10,000 treatments) serious side effects occur

Questions?

Feel free to reach out to Joey Niehaus PT, DPT, Cert. DN at the GE Family Wellness Center if you have further questions about this intervention. Phone #: 513-853-8900 Email: Joseph_Niehaus@trihealth.com

Nutrition Tidbits

April 2023



Did you know about 90% of Americans are not meeting the recommended daily intake for fiber?

What is fiber?

Dietary fiber includes the parts of plant foods your body can't digest or absorb.

Benefits of a high fiber diet:

- Normalizes bowel movements and helps maintain bowel health
- Lowers cholesterol levels
- Helps control blood sugar levels
- Aids in achieving a healthy weight

Recommendations:	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

Types:

Soluble fiber dissolves in water to form a gel-like material and slows digestion. Soluble fiber helps you stay full longer, keeps your blood sugars in a healthy range, and even helps lower cholesterol.

- **Sources:** oats, peas, beans, apples, citrus fruits, carrots, barley, psyllium

Insoluble fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools

- **Sources:** Whole-wheat flour, wheat bran, nuts, beans, vegetables, potatoes


Tips for adding fiber into your diet:

1. Start gradually- increasing fiber too much at one time can lead to GI distress
2. Make sure you are drinking plenty of water
3. Choose a high fiber breakfast- opt for oatmeal or whole wheat toast
4. Snack on fruits and vegetables between meals- pack foods like apples, bananas, baby carrots, and cucumber for snacks

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 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



Mental Health Benefits of Decluttering

If you're looking for an easy way to reduce stress, decluttering your environment may be a good place to start. Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control. A tidier space can make for a more relaxed mind.

- **Better Focus:** Clutter can be distracting, getting rid of visual clutter can help you focus on the task at hand.
- **Higher Self Esteem:** Improving living space can restore feelings of competency and pride.
- **Better Relationships:** Conflict often occurs when one person can't control clutter.
- **Lower Risk of Allergies/Asthma:** Decluttering can reduce dust, mold and mildew.
- **Improved well-being:** Easier to prepare a meal in an orderly kitchen, better sleep in a neat room with a tidy bed (*Source: WebMD, Dr. Dan Brennan*)

Grokker

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