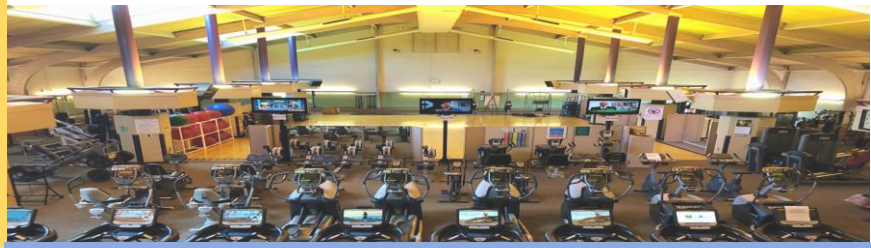


Scan the QR code to opt in to receive the monthly Fitness Center Newsletter electronically.



# GE FITNESS CENTER NEWSLETTER

August 2023



## Activity Advice for School Age Children

Summer is a great time for kids to enjoy physical activity outside. However, some kids fall out of the weekly recommended guidelines of physical activity. Kids and teens (between the ages of 6-17) should perform:

- 60 min./day of moderate to vigorous physical activity, mostly aerobic (running, biking, swimming or playing tag)
- 3x/week muscle strengthening activities (gymnastics, climbing trees or monkey bars, yoga)
- 3x/week bone strengthening activities (jump rope, hopscotch, tennis, basketball)

Benefits of physical activity for school age children include better bone and heart health, healthier weight, and reduced risk of depression. Help keep kids staying active by incorporating small daily healthy habits to get outside and play!

## Meet Our New Fitness Specialist

Welcome our new health and fitness specialist to our GE Fitness Center team: Joshua Wilcox, Madison Daniel, and Tim Larsen. Meet one-on-one with a fitness specialist to discuss your goals for exercise, and the specialist will tailor a workout routine to fit your needs. Follow up with your specialist to enhance and modify your workout as needed.



# Nutrition Tidbits

August 2023



## Hydrate! Hydrate! Hydrate!



It's no secret that hydration is an important part of health and wellness, but it's even more important to focus on in the hot summer months! Water aids in many processes throughout the body including carrying nutrients and oxygen to our cells, flushing out bacteria, aiding digestion, prevents constipation, normalize blood pressure, regulate body temperature and SO MUCH MORE. How much water you need is based on individualized needs and can vary depending on your activity level, the outside temperature, your overall health conditions, medications you may take, and age. Reach out to your doctor and dietitian to determine what your individualized water goals should be.

### Some tips to help up your water game:

- Add flavoring with fresh fruits and herbs
- Utilize flavor packets like Crystal light
- Drink water first thing in the morning before having any other fluids
- Add it into your routine or a habit you are currently doing (ex. Drink 8 oz after getting dressed in the morning)
- Set a reminder throughout the day or use a water tracking app that will send a notification
- Eat hydrating foods like fruits and vegetables
- Carry a water bottle with you everywhere you go
- Try a carbonated water
- Drink hot caffeine free and sugar free tea
- Don't let your bottle or cup go empty
- Track your water intake!



Having a tracking method can be an easy way to make you more aware of your current intake. You can find printable weekly water trackers or download an app to help keep track of how many cups or bottles you are drinking each day. Tracking can also help you reflect on where it can be feasible to add in more water during your day.

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

Back to School we go! As the carefree days of summer slowly dwindle and school routines return, work to implement a few of these simple habits to ease the transition and improve your well being.

- 1) Save calories and money by shopping for groceries to pack your kids' lunches.
- 2) Increase movement by keeping track of how your family spends time for one week and adjust accordingly.
- 3) Reduce screen time by turning off the TV during mealtime and talk with your children about what they learned in school that day. *(Families who eat together tend to eat healthier.)*

# 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