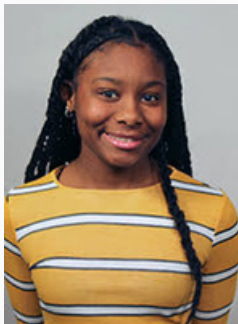


# GE FITNESS CENTER NEWSLETTER

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



## MEET OUR NEW SPECIALIST



[Kris Perryman](#)

Kris is originally from Hartford, CT and moved to Cincinnati during Covid-19. She previously worked as a group fitness and yoga instructor to teach health and wellness.

She received her Bachelor's Degree in Public Health at the University of Cincinnati.

Kris enjoys teaching others about mental health and wellness, reading, cooking and scoping out new coffee shops around Cincinnati.



## BACK- TO- SCHOOL & QUALITY TIME



The school year and quality time can sometimes get away from us, which can be difficult for kids and caregivers. As we transition back to school this month, here are some great ways to get connected with ourselves and children to stay active together and to keep talking!

- Having a family game night: Options like tag, hopscotch and four square will get you and the family active.
- Going for a bike ride: Check out local bike trails on the weekend or ride around your neighborhood.
- Creating your own obstacle course: Get creative with your household and encourage your kids to take the lead .
- Taking a walk: Make it fun by adding a scavenger hunt and objects to find along the way!

Did you know the Fitness Center allows GE dependents beginning at age 16 years old to join?

Sign them up today!



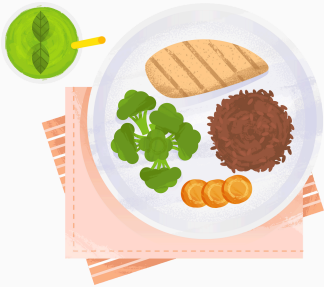
# NUTRITION TIDBITS

## MEAL PLANNING AND PREPPING

Meal planning and prepping can mean very different things for many people. Like many things with nutrition, it may take trials to find what works best for you and your family.

The biggest step in the process is taking the time to plan. Sit down and look at your activities, work schedule and other responsibilities for the week. Write those out.

**Bonus tip:** While writing out evening activities, add your workouts to the mix. This is helpful when deciding how much time you have in the evening to making meals.



Tip: Theme your weeknight dinners:

- **Meatless Monday:** Choosing protein options like salmon, tofu and/or chickpeas.
- **Taco Tuesday:** Choose from tacos shells or burrito bowls with as many or as little toppings.
- **Wednesday Pasta Night:** Serve up whole wheat or chickpea pasta with the meat and sauce of your choice and pair with a side salad or add some veggies to your recipe.
- **Thursday Throw It On A Sheet Pan:** Add a protein, carbohydrate, and vegetables on a sheet pan and roast in the oven. Toss in olive oil.
- **Friday Homemade Pizza:** Top a whole wheat pizza crust with your favorite toppings (make sure to include some protein and veggies), bonus to add a salad on the side.



Meal prep tip: If you're getting bored eating the same meals for meal prep, try bulk prepping.

Choose 2-3 options from the following categories to prep for the week and mix n match your meals.

- **Protein:** chicken, turkey, fish, lean beef or pork, cottage cheese, Greek yogurt, tofu, tempeh
- **Carbohydrate:** potatoes, rice, quinoa, pasta, whole wheat bread or wraps
- **Vegetables:** can be frozen, fresh, canned (low sodium), salad kits

Our Registered Dietitian 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

In August, we celebrate National Wellness Month, prioritizing your self-care, managing stress, and promoting healthy routines.

Create wholesome habits in your lifestyle and focus on self-care to feel like your best self! Research has shown self-care helps manage stress and promotes happiness.

For a happy and healthy life, it is important to focus on wellness and self-care.



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

