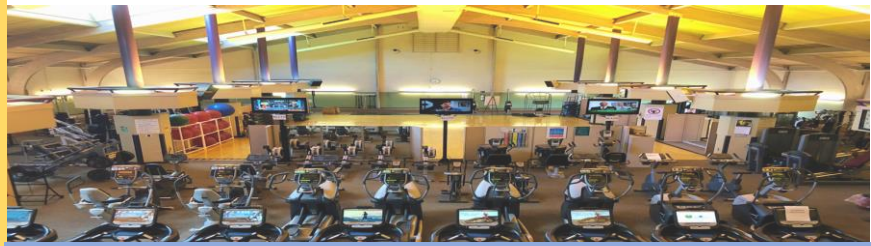


Scan the QR code to opt in to receive the monthly Fitness Center Newsletter electronically.



GE FITNESS CENTER NEWSLETTER

December 2023

Fitness Tips for the *Holidays*

Plan Ahead

Schedule your workouts to ensure they fit into your day.

Go Small

Break your workouts into smaller chunks if you don't have time for a full session.

Be Creative

Find alternative ways to stay active: Use the stairs, go play outside, and get competitive.

Get a Workout Buddy

Having a workout partner will keep you motivated and committed.

Sign Up for a Holiday Race

Have fun and increase your accountability.
<https://www.runguides.com/cincinnati/runs>

Reward Yourself

For additional motivation, plan a reward if you meet your fitness goals for the season.

Log Your Food and Fitness

Even with all of the holiday meals, keep track of your nutrition to stay accountable.

Hydrate

Don't forget to drink your water!



Meet Our New Fitness Specialist

Welcome our new health and fitness specialist to our GE Fitness Center team: Chaz Morton. 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.



Joy vs. Happiness

Happiness is the emotional reaction to what is happening around you. Whereas joy isn't reactionary and often is driven by internal motivations like working toward a goal or finding a purpose in life. **Happiness is an emotion, whereas joy is more a state of being.** When you are joyful, it doesn't mean you are always giddy or happy. But it means you can appreciate moments of happiness within the bigger context of life.

Tips for Embracing Joy:

1. Focus on what you can control
2. Express Gratitude
3. Assume good intent
4. Concentrate on building relationships
5. Keep perspective

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

Maintaining Energy in the Winter

The cold and often darker winter months can lead to a lack of energy and motivation. The following tips can help you stay energized and on track with your goals this season!



1. **Don't skip meals.** Consume balanced meals or snacks every 3-4 hours to maintain stable blood sugar and energy level. It may be tempting to skip breakfast or lunch leading up to a holiday party- but this can lead to overeating and feeling sluggish
2. **Increase Fruit and Vegetable intakes.** This helps ensure you are getting the vitamins and minerals your body needs to fight off unwanted sickness this time of year. It may be harder to find some fruits and vegetables during the winter months so opt for frozen and canned options to get in variety!
3. **Drink hot tea.** Some people find it harder to stay hydrated during the winter months because they do not want to drink cold water. Choose a hot decaf herbal tea instead to help stay hydrated.
4. **Eat more salmon, nuts and seeds, poultry, eggs, and tofu.** These foods contain serotonin, the mood boosting hormone, which can help fight off the winter blues.
5. **Practice moderation.** Instead of depriving yourself of special holiday treats, practice moderation along with a balanced meal. Portion out and plate foods to help with consuming the proper serving size.

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.