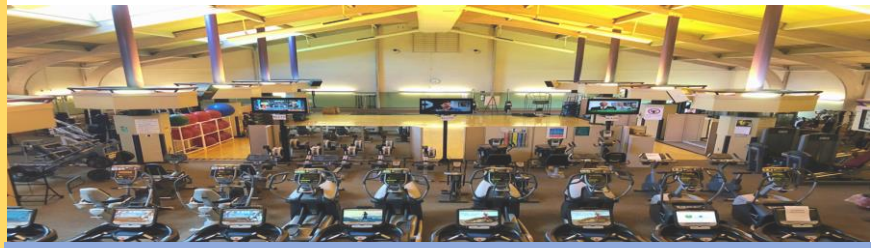


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GE FITNESS CENTER NEWSLETTER

February 2023

It's National Yoga Month!

Yoga and Athleticism!



Yoga provides increased range of motion (ROM) and the ability to open-up and extend the hip flexors in order to leap and tackle in soccer. In a study involving college basketball players, those that took yoga increased vertical jump, free throw, three-point shots, tactical execution, speed and speed endurance, and balance compared to those who didn't take yoga. In novice players, a 2019 study in the *Journal of Sports* found that yoga plus basketball resulted in better agility, flexibility, speed, strength, body fat, shooting ability, passing ability and dribbling ability when compared to a group who just practiced basketball. What's more, these participants only did 30-minute yoga sessions. In football, yoga assists in injury prevention and handling stress, so vital that the Seattle Seahawks mandated yoga as part of the team's training regimen.

Stop by the Fitness Center at 11:30am on Wednesdays and try out our Hatha Yoga class!

Three main benefits

1. Injury prevention - Yoga lessens injury. Specifically, yoga strengthens the muscles and joints so they can handle injury if one does occur.
2. Combating stress and enhanced focus - Yoga is a mindfulness exercise that centers your body and mind, provides body awareness, increases flow of oxygen and relaxes the nervous system.
3. Strengthening of movement patterns - Yoga poses mimic movements you do in sports. Unlike a leg extension machine, a leg extension and hold pose, for example, will work on flexibility and balance as well as strength. Yoga works through fluidity of movement which is important for full ROM, alignment and muscle recruitment.

Considering all the above, adding yoga to your weekly workouts will boost athletic performance no matter what your goal may be. Beginner or pro, it's worth the effort.

Nutrition Tidbits

February 2023

Heart Healthy Eating Tips for American Heart Month



Increase Dietary Fiber:

- Daily Fiber intake recommendations are:
 - **Women: 21-25 g/day**
 - **Men: 30-38 g/day**
- Choose whole fruits and vegetables instead of juices most often and don't discard the peels- removing the peels on produce, like apples and potatoes, lowers their fiber content (just be sure to wash them!)
- Choose whole grains like whole-wheat bread and pasta, quinoa, brown rice, oatmeal, and popcorn most often instead of refined grains
- Include plant-based foods as sources of protein, including tempeh, beans, lentils, seeds and nuts

Eat Foods containing Omega-3 Fatty Acids:

- Eat two 4-ounce portions of fatty fish each week, such as salmon, lake trout, canned light tuna (in water), mackerel and sardines
- Add Flax Seeds and Chia Seeds to smoothies, yogurt, and cereal
- Snack on walnuts or add in oatmeal or on top of salads

Limit Saturated Fats:

- If you eat meat, select lean cuts of beef and pork, look for cuts with "loin" or "round" in their name, choose lean ground meats such as 90/10 or 96/4 and drain off the fat after cooking
- Cut back on processed meats such as hot dogs, salami, and bacon
- Replace higher-fat cheeses with lower-fat options such as reduced-fat and part-skim

Adapted from: NIH and Academy of Nutrition and Dietetics

Honey Garlic Salmon Recipe

- Ingredients:** 2-3 salmon fillets, fresh or frozen
2 Tbsp low sodium Soy sauce
2 Tbsp honey
2 cloves garlic, minced
1/8 tsp oregano + 1/8 tsp basil

Directions:

1. Preheat oven to 375 degrees
2. Mix the Soy sauce, honey, garlic and herbs
3. Place salmon fillets in baking dish and coat with marinade
4. Bake for 15-20 minutes until salmon flakes easily with a fork

Source: Dietetic Directions



Wellbeing Column

Get your heart pumping through exercise to help prevent heart disease, stroke, and high blood pressure!

Recommendations for Adults:

- Get at least **150 minutes per week** of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.



Daily Tips to Get Active:

- Work out while working: take a walk on your breaks and get some fresh air
- Schedule it: set an alarm on your phone or add it to your calendar and treat it like any other appointment
- Set a goal: share with others to help keep you accountable or start a challenge
- Change up date night- instead of the usual dinner and movie do a fun activity together like hiking, bowling, or miniature golfing
- Do what you love: find activities that fit your personality and motivate you to stick with it

Source: American Heart Association

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

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 Dietitian 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.