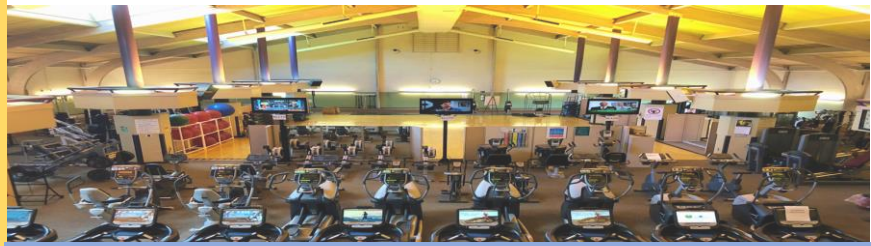


Scan the QR code to opt in to receive the monthly Fitness Center Newsletter electronically.



GE FITNESS CENTER NEWSLETTER

January 2023

5 TIPS TO CRUSH YOUR NEW YEARS RESOLUTIONS!

#1: Determine Your Readiness

- Make sure you're physically and mentally ready to start.
- Have confidence in your exercise ability.
- Receive encouragement and support from those close to you.
- Participate in an enjoyable form of exercise.

#2: Create A Plan

- Identify when will you exercise, what type of exercise will you complete, and how much time will you spend exercising.
- Schedule a fitness consult with a health fitness specialist at the GE Fitness Center to learn more about exercise programs tailored towards your goals.

#3: Bring A Friend

- Working out with a friend can increase your chances for success.
- Working out with a friend can add more fun, if boredom is a challenge you face.
- Workout partners can add motivation and keep you accountable.

#4: Take It Easy

- You are more successful if you start small and build up over time.
- Begin with 2 workouts a week and slowly add more over a period of time.
- Meet with a fitness specialist at the GE Fitness Center to help determine increasing your workout.

#5: Be Realistic

- Start slow, develop a foundation of fitness, and then build upon that foundation as your fitness improves.
- Consider your current fitness level, age, and health conditions to start with an appropriate level of activity.

www.Active.com

PT Corner

Cervical (neck)/ Thoracic (mid-back) range of motion/flexibility:

The cervical spine (neck) is made up of seven bones, and the thoracic spine (mid-back) is made up of twelve bones. It is important to maintain flexibility throughout the spine as our joints become stiffer and muscles become tighter as we age. The exercise routine will be accessed through Medbridge, an online patient education platform utilized by the physical therapy department. An access code for each exercise is posted below. This access code can be used on the Medbridge GO App or via the website: https://www.medbridgego.com/access_token. There, you will be able to follow along with videos of each exercise, or you can print off the exercise.

Cervical/Thoracic Access Codes:

WMTQ2FJV-ROM

JYCZJ78B-**Strength Routine.**

Nutrition Tidbits

January 2023

Start the new year off right by starting with breakfast!

Benefits of eating breakfast:

- Shown to help reduce the risk of developing cardiovascular disease, type 2 diabetes, and obesity
- Helps keep you full and satisfied throughout the day which prevents cravings and snacking later in the day
- Improves focus for the workday and exercise performance
- Research shows that breakfast eaters get more of certain nutrients- calcium, iron, Vitamin A, C, and fiber than those who skip

What you eat for breakfast matters:

- Focus on getting a source of protein, fiber rich carbohydrates, and color from fruits and/or vegetables
- Make it grab and go with a bottled protein shake like Fairlife or Premier protein with a banana or apple and a serving of mixed nuts



- Take 30min on Sunday to prepare an egg bake for the week with your favorite vegetables and low-fat cheese
- Make overnight oats the night before or for a few days at a time with quick oats, low-fat milk, Greek yogurt, and optional protein powder- top with nut butter and fruit and bring to work

Meet Our Dietitian: Carly McFarland, RD, LD

Carly was born and raised in Cincinnati. She attended the University of Kentucky where she obtained a Bachelor's in Dietetics. Carly enjoys traveling to national parks and hiking, working out, trying new restaurants, and spending time with friends, family, and her dog, Nova.

Favorite Movie: Marvel movies

Favorite Color: Green

Favorite Animal: Dogs

Favorite Vacation: Hiking the Grand Canyon

Favorite Music Genre: Hip-Hop and Alternative

Favorite Food: Tacos

Favorite Beverage: Coffee


Favorite Ice Cream Flavor: Black Raspberry Chip



Call 513-853-8900 to schedule your consultation and assessment with Carly today!

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 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.



Wellbeing Column

Top Wellness Trends of 2023: Here's what could be coming down the pipeline in all things wellness. The annual Wellness Trends report is the culmination of months of reporting, research, and product testing in order to make comprehensive predictions for the year ahead in all things health and wellness.

1) **Beauty Biotech:** Beauty and skin care products will be formulated with small amounts of natural ingredients to make them more potent, while minimizing environmental impact.

2) **Fitness Tracking Wearables:** Get a makeover and will be focused on showing consumers *how* their exercise routine is influencing their overall health—whether that's better sleep, more balanced blood sugar, lower stress levels, or a combination—instead of only keeping tabs on your heart rate, step counts, and closed rings.

3) **Virtual Reality Health Care:** Continues to grow: Patients can expect to be offered virtual reality treatments for chronic pain management, mental health, and more.

4) **Wellness Apps:** Will become more culturally and linguistically diverse: wellness-focused platforms will be available in more languages, voice offerings and even American Sign Language.

5) **Energy Drinks Improve:** Now that consumers are more health-minded energy drink brands are taking away sugar, extracting caffeine from plants like green tea and marketing with more functional nutrition claims.

Source: [Wellandgood.com](https://www.wellandgood.com)

Grokker

Take your health and wellbeing to the next level with Grokker. This is a free platform for active GE employees focusing on wellbeing in the modern workplace. Scan the QR code to sign up!



*SSO and email required