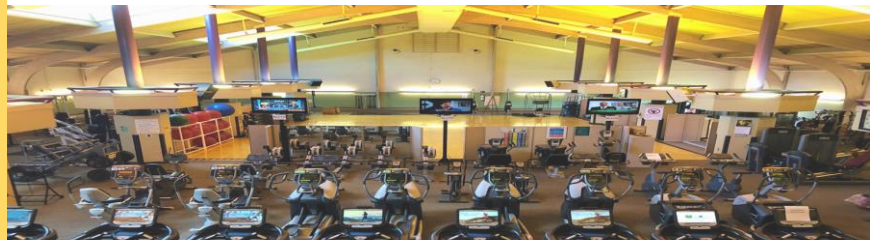


Scan the QR code to opt in to receive the monthly Fitness Center Newsletter electronically.

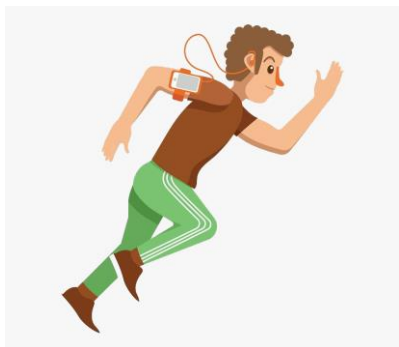


GE FITNESS CENTER NEWSLETTER

July 2023

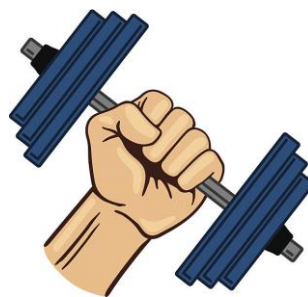
Physical Activity Reduces Risk of Osteoarthritis

Adults between the ages of 18-50 with obesity have an increased risk of developing osteoarthritis. Fortunately, regular physical activity (through a combination of aerobic and strength training) can help protect against osteoarthritis by increasing muscle strength and cardiovascular health; improving body composition and joint support; preserving muscle mass; and reducing inflammation, joint stiffness and pain. Here are guidelines to follow for creating a workout routine.



Aerobic Guidelines

- Frequency: 2-3x per week
- Intensity: On a scale of difficulty from 1 to 10, progress from a 5 to a 8 over the course of the workout.
- Type: Exercise for at least 10 minutes per session, aim for a total of 150 minutes per week.



Strength Training Guidelines

- Frequency: 2-3x per week
- Intensity: On a scale of difficulty from 1 to 10, progress from a 5 to a 7 over the course of the workout.
- Type: Multi-joint exercises for your trunk, legs and arms; use exercise bands, machines, or free weights.

Remember: Spend 5 minutes warming up and 5 minutes cooling down to prepare your joints for movement and help your body recover after exercise.

Nutrition Tidbits

July 2023

Nutrient Needs to Optimize Athletic Performance

Have you ever struggled to get through a workout or perform your best during an athletic event? Your diet may be to blame. With an increase in energy expenditure comes a subsequent need for an increase in the intake of carbohydrate, protein, and fat. The recommended amount of these nutrients depends on a variety of factors including gender, age, body weight, eating/lifestyle, type of sport and training. Check out the table below to determine what your specific needs are.

Daily Needs for Athletes

	Strength & Power	Endurance	Ultra-Endurance/High-Intensity
Carbs	6-7 grams/kg body weight	7-10 grams/kg body weight	10-12 grams/kg body weight
Protein	1.5-1.8 grams/kg body weight	1.1-1.4 grams/kg body weight	1.4-1.7 grams/kg body weight
Fat	20-30% overall calories/day	20-30% overall calories/day	20-30% overall calories/day

Just as what/how much you eat is important, when you eat is equally as important to optimize performance. Here are the top tips to time your nutrient intake:

1. Timing your meal and exercise:

- Allow 3-4 hours to digest a large meal
- Allow 2-3 hours to digest a smaller meal
- Allow 1-2 hours to digest smoothie/shake

2. Pre-workout fuel:

- Eat a carbohydrate-rich & low-moderate protein snack 30-60 minutes before workout
- Consume 30-60 grams carbs & 7 grams protein for endurance or 15 grams for resistance workouts

3. During-workout fuel:

- For workouts >1 hour, consume 30-90 grams carbohydrate/hour (depending on activity)
- Avoid foods high in fat, fiber, and protein


4. Post-workout fuel:

- Eat a snack within 30 minutes and a full, balanced meal within 2 hours of exercise
- Consume 4:1 ratio of carbohydrate to protein (example 80 grams carbs with 20 grams protein)

Have questions on how to optimize your performance? Reach out to one of your Registered Dietitians today to get your questions answered.

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

July is UV Safety Month. Most people don't know that Skin Cancer is the most common of all cancer types and more importantly, there are simple actions you can take to help reduce your risk!

- Seek shade and/or use sunscreen, especially between the hours of 10am – 4pm.
- Wear a hat and sunglasses, these help provide shade protection when sunscreen isn't available.
- Protect yourself and your kids, make sure sunscreen is handy when kids are outdoors and reapply often.
- Invest in lightweight clothing to help block UV rays.



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