



# GE Fitness Center Newsletter

July 2024

## Recover Stronger

Recovery is key to preventing injuries and allowing the body to rebuild itself after stress of exercise. Muscles, tendons, and ligaments require recovery time and replenishment to perform at their best during the next exercise bout. There are multiple strategies to maximize recovery and reducing muscle soreness experienced after exercise.

- ✓ **Dynamic Warm-up:** A dynamic warm-up consists of a few minutes of an activity that will elevate heart rate followed by dynamic movements (lunges, leg swings, or arm circles). These movements should move joints through a large range of motion, coming in and out of the movement without stopping for too long.
- ✓ **Active Cooldown:** By performing a few minutes of low intensity aerobic exercise after a workout, the body can gradually decrease blood pressure and heart rate, while preventing blood pooling in the limbs.
- ✓ **Stretching and Mobility:** Muscles can become tight and fatigued from exercise and stretching can alleviate sensations of tightness and restriction. To keep the tendons and muscles mobile, it is recommended to stretch each muscle group for at least 60 seconds.
- ✓ **Foam Rolling:** Gently roll the body part over the foam roller, about one inch per second for about 30-60 seconds.
- ✓ **Massage:** Massage can increase blood flow to the area and has been shown to decrease pain and inflammation caused by metabolic products that are built up during exercise.
- ✓ **Cold Therapy:** Cryotherapy chambers and cold-water immersion are two common forms of cold therapy that have been shown to aid in muscle recovery and decrease muscle soreness. This is especially beneficial for those with injuries, swelling, or engaging in contact sports.
- ✓ **Compression:** Wearing compression sleeves (calf and arm sleeves) during or after a workout can help decrease muscle soreness post-exercise and aid in the recovery process for your next workout.
- ✓ **Sleep:** While you are sleeping, your body works to rebuild itself. It is recommended to get between 7-9 hours of sleep every night. Also, allow 48 hours for muscle groups to rebuild themselves and reduces risk of overtraining.



### Go For Gold Fitness Challenge

Go for the gold and receive a prize!  
To win, complete 150 minutes in various categories of cardio and strength training exercise.

Sign Up Dates: July 15<sup>th</sup> – July 21<sup>st</sup>  
Program Dates: July 22<sup>nd</sup> – August 18<sup>th</sup>

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



# Nutrition Tidbits

July 2024

## Hydration

In the summer months, it's even more important to pay close attention to your hydration levels, especially if you are doing any prolonged activity outside in the sun.

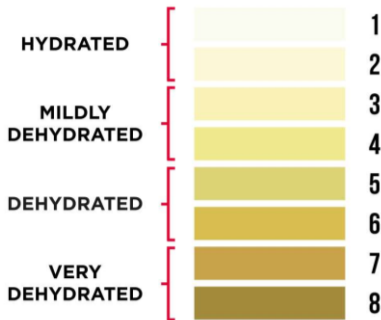
### Recommendations:

- Women- 9 cups/day (72 ounces)
- Men- 13 cups/day (104 ounces)
- 50% body weight in ounces



### Tips to increase intakes:

- Start early in the morning with a glass of water before your coffee
- Carry a refillable bottle and fill it up throughout the day
- Add flavoring drops and packets or choose flavored sparkling water to mix it up
- Set a reminder on your phone or calendar



### Symptoms of dehydration:

- Dizziness or light-headedness
- Headache
- Tiredness (fatigue)
- Dry mouth, lips, and eyes
- Urine color

### Do you need an electrolyte enhanced sports drink?

The three main electrolytes that our body needs are sodium, potassium, and magnesium. We can typically replace these electrolytes through our diet alone and most Americans are consuming above the recommended intakes of sodium. However, there are some cases where you may consider an electrolyte enhanced sports drink. \*Check with your doctor if you have high blood pressure or have been instructed to follow a low sodium diet.\*

When you may need an electrolyte enhanced sports drink:

- You're exercising for more than one hour or with elevated intensity
- It's very hot outside
- You're a naturally heavy or salty sweater (you create puddles of sweat or notice white cast on your face and clothes during a workout)

Adapted from: Cleveland Clinic

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

During Social Wellness Month in July, break out of your fixed routine and vow to meet new people.

This is because social wellness is all about your capability to bond with others and build satisfying relationships.

### Why is this so important?

Well, the fact is, the more people you meet, the more likely you are to develop new hobbies and embark on journeys you never even imagined you would be a part of. You will get to hear new jokes, experiment, go to new places, get involved in new activities, etc. Most importantly, social relationships have a lasting impact on physical health!

# 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