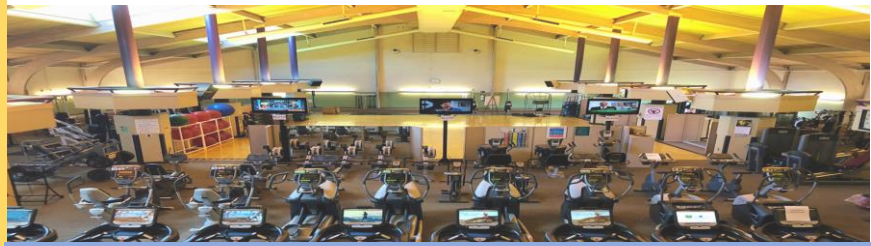


Scan the QR code to opt in to receive the monthly Fitness Center Newsletter electronically.



GE FITNESS CENTER NEWSLETTER

June 2023

Fitness on Vacation?

Getting away from reality is good for the soul, and getting away from the usual workout routine is good for the body. However, a vacation can be the perfect time to exercise. By freeing yourself from your routine, you open your mind to new ways to move your body, have fun and keep your body fit while you're on vacation.

Cardio

If you want to maintain your cardio endurance while having fun, there are a variety of vacation that will give you a great workout without feeling like exercise. Some of the best workouts include:

- Walking on the beach.** Walking in soft sand is a killer workout and burns more calories than walking on flat ground. Some experts suggest that you can burn twice as many calories walking in soft sand. Keep it safe by wearing shoes (you may get shin splints if you go barefoot for too long) and going for a few minutes at a time to get used to it. You'll be surprised how hard it is.
- Leisurely bike rides.** Long bike rides are a great way to see the area while getting in some low-intensity exercise. If you take your time and go all day, you'll burn calories without even thinking about it.

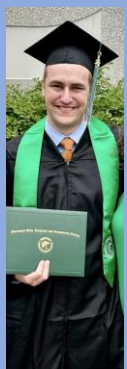


- Hiking.** Anytime you add elevation to your walks, you'll burn more calories. If you carry a backpack, you'll challenge yourself even more, all while enjoying a little nature. Check with your hotel concierge to see about hiking adventures nearby.
- Golf.** Golf can be a dud of a workout if you ride around in a cart and drink beer at every hole. If you want to burn more calories, though, carry your clubs and walk the course. You'll burn around 200-300 calories per hour.
- Shopping.** OK, maybe shopping isn't the highest intensity activity, but it can be very aerobic under the right circumstances. If shopping is your activity of choice, make it count by walking fast, taking the stairs, and avoiding fatty foods at the food court. Verywellfit.com

Thank You GE Fitness Center!

As my time at the GE Fitness Center comes to an end, I wanted to express my gratitude to all of you! Over the years, I have had the privilege of witnessing your dedication, determination, and commitment to your health and well-being. It has been an honor to be a part of your fitness journeys! I also want to extend great appreciation to the staff who have shown so much support and guidance to me in my career development. While I embark on a new career in nursing, I will always cherish the memories and connections I made at the GE Fitness Center with all of you.

Sincerely,
Ian Hibner- Health Fitness Specialist



Tips to Stay on Track While Traveling

When Flying:

- Pack non-perishable food items such as: nuts/seeds, fruit, dried fruit, beef or turkey jerky, energy or protein bars, or whole-grain crackers.
- Stay hydrated. Carry a water bottle that you can fill once you pass security. Avoid the salty processed snacks as airplanes tend to have lower humidity which can lead to dehydration.

At The Hotel:

- Before arriving, search grocery stores and restaurants near your hotel. Request a mini-fridge in your room to allow you to purchase healthy refrigerated items such as Greek yogurt, eggs, chopped vegetables, cheese sticks, etc.
- If your hotel offers a complimentary breakfast, choose high protein, high fiber foods such as hard-boiled eggs, Greek yogurt, unsweetened oatmeal and fruit for a well-balanced meal to support your health and gut after traveling. It is important you do not skip breakfast as this can set you up for eating unhealthy foods later due to extreme hunger.

On Road Trips:

- Pack a cooler with ready to eat snacks such as carrot sticks, cucumber slices, cheese sticks, hard boiled eggs, fresh fruit, Greek yogurt, etc. Make sure you refresh your ice and don't let unrefrigerated items sit for more than two hours or more than one when in weather 90 degrees F or above.
- Pack non-perishable food items such as: nuts/seeds, fruit, dried fruit, beef or turkey jerky, energy or protein bars, or whole-grain crackers. These are filling options that will help to prevent you from buying fast-food on the way.
- If you must stop and your only options are fast-food restaurants, check the menu online and look at the nutritional content to help you make the healthiest decision before you arrive.

Healthy Snack Ideas:

- Apple + nut butter packet
- Energy or Protein Bar
- Yogurt + handful of nuts
- Carrots + guacamole
- Celery + hummus
- DIY trail mix
- Hard-boiled eggs
- Whole-grain crackers + sliced cheese



Podcast for Purpose

Looking for something to do while traveling, exercising, or cleaning? Don't feel like you have enough time to "invest in you?" Curious about ways to improve your wellness? Check out some of the most popular, thought provoking and educational podcasts relating to all aspects of wellbeing. Enjoy listening and learning!

- 1) Happier – practical, manageable advice about happiness and good habits
- 2) Hurry Slowly - how pacing yourself is the key to being more productive, creative, and resilient
- 3) Feel Better, Live More - Health has become overcomplicated. This podcast aims to simplify it
- 4) Optimal Living Daily - personal development, minimalism, finance, health, business, relationships, and more
- 5) Ten Percent Happier - focusing on the principle that happiness is a skill you can train, this podcasts touches on happiness, meditation, and the mindful life

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 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.