

GE Fitness Center Newsletter

June 2024



Go Take A Hike!

The outdoors are calling and telling us this is the perfect time for a hike. National Trails Day is celebrated only on the first Saturday in June of each year, falling on June 1st this year. Organized by the American Hiking Society, this event aims to bring together all trail enthusiasts, young and old, while honoring those who help maintain and preserve hiking trails for everyone to enjoy.

The history of National Trails Day stretches back almost 50 years. Back then, there were no government-mandated trails for walking and other leisure activities. This changed when President Lyndon B. Johnson made a law, which established trails that people could use for recreation (and tourism too). This system saw much change over the years, with local authorities and organizations adding to the network of trails.

Going on a quick (or long) hike instantly gets your blood pumping. Even if you are not into hiking as an activity, you can enjoy many more activities in areas with hiking trails, each of which have their own health benefits. Plus, being in nature is a giant stress relief and good for the soul.

Fun Facts about National Trail Day:

- America has around 200,000 miles of trails all over the country.
- The Appalachian National Scenic Trail (commonly called the Appalachian Trail) receives about two million visits each year.
- According to the USDA and Forest Service, the oldest continuously used and maintained trail in the United States is the Crawford Path in New Hampshire.

Tips for hiking in the summer heat:

1. Stay hydrated
2. Wear light, loose, sweat-wicking clothing
3. Wear a hat and sunscreen
4. Start your hike early
5. Plan your hike for shade and water
6. Know the signs for heat stroke
7. Be prepared

Visit www.greatparks.org for more information trails near your area.



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Nutrition Tidbits

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Travel Nutrition Tips

Planning is ESSENTIAL to eating healthy while traveling. Also, don't "bored" eat. Traveling can lead to boredom, especially if you're just sitting for hours. Pack reading materials, games to play, cards, etc.

When Flying:

- Pack non-perishable food items
- Hydrate! Carry a water bottle in your travel bag that you can fill once you've passed through security.
- Skip the salt. Airplanes tend to have lower humidity which can lead to dehydration. Salty processed snacks like chips, as well as salted nuts, only help speed along that parched feeling while you're on board.
- Foods to carry-on the plane: fruits & vegetables like oranges, grapefruit, bananas, apples, bell peppers, carrots, cucumbers, broccoli; dried fruit, unsalted nuts, protein bars, roasted chickpeas or edamame

At The Hotel:

- Before arriving, search grocery stores and healthy restaurants near your hotel. Also, request a mini-fridge in your room. This will allow you to purchase healthy food items you can refrigerate such as fresh fruit, Greek yogurt, eggs (microwaveable), chopped vegetables, hummus and guacamole packs, low-fat cheese sticks, etc.
- If your hotel offers a complimentary breakfast, choose high protein, high fiber foods like hard boiled eggs, Greek yogurt and unsweetened oatmeal and fruit

On Road Trips:

- Pack a cooler with easy to eat snacks such as carrot sticks, cucumber slices, low-fat cheese sticks, hard boiled eggs, fresh fruit, Greek yogurt and cherry tomatoes. If it is hot outside, try to keep the cooler in the back seat of your car rather than the scorching trunk.
- Also pack food items that are non-perishable at room temperature such as whole-grain crackers, nuts/seeds (low or unsalted), fruit, dried fruit, beef or turkey jerky, soy nuts, sandwiches with nut butters
- If you must stop and your only options are typical fast-food restaurants, check the restaurant's menu online and look at the nutritional content so you know the healthiest option before you arrive.

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

The world's most common cancer is a relentless disease that strikes one in five people by age 70. The good news is that most cases are curable if they are diagnosed and treated early enough. To stop [skin cancer](#), we must spot it on time.

Skin cancer is the cancer you can see. Unlike cancers that develop inside the body, skin cancers form on the outside and are usually visible. That's why skin exams, both at home and with a dermatologist, are especially vital.

Early detection saves lives. Learning [what to look for](#) on your own skin gives you the power to detect cancer early when it's easiest to cure, before it can become dangerous, disfiguring or deadly.

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!



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