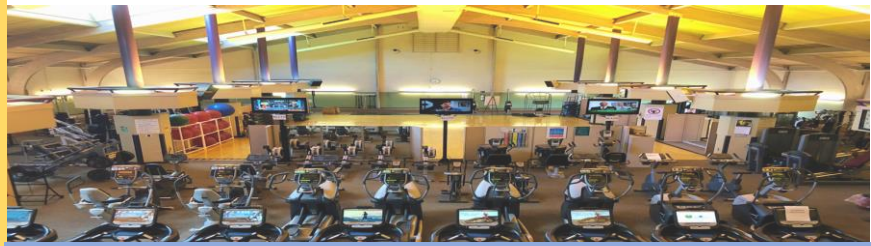


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ACE FITNESS CENTER NEWSLETTER

March 2023

Building Better Sleep

According to the American Sleep Association, sleep issues and sleepiness are a top health concern in our society. Statistics indicate:

- 50-70 million American adults suffer from some type of sleep disorder.
- 37% of 20- to 39-year-olds and 40% of 40- to 59-year-olds report short sleep duration.
- 3% of adults report less than 7 hours of sleep during a typical 24-hour period.

Adults need a minimum of seven to nine hours of sleep each night, yet more than one-third of the population does not get the minimum number of recommended hours. When sleep quality and duration are poor, individuals tend to have less energy, experience less self-regulatory control, develop an increased craving for sweet, salty, and starchy foods.

PT Corner:

Busting common myths about physical therapy.

1. Physical therapy requires a referral or prescription from a physician.

Although the rule varies from state to state, Ohio is considered a direct access state in which you can receive physical therapy treatment without a referral or prescription from a physician. Performing direct access physical therapy can help save you money and avoid unnecessary surgery or medications.

2. Physical therapy is painful.

Although you may experience soreness or discomfort initially, the goal for physical therapy is to restore function and mobility while facilitating healing in order to decrease any pain you may have. Contrary to belief, "no pain, no gain" is not always necessary to reach your goals.

3. Physical therapy is only for acute injuries.

Physical therapy can address a variety of conditions including chronic pain that comes and goes. The goal of physical therapy is to address any deficits or limitations that may be causing the pain to linger. Physical therapy wants to give you the tools to not only understand why you may have what is considered random pain, but also give you the tools to build a healthy foundation to prevent future pain as well as manage any flare ups you may have independently.

How to Build Better Sleep Habits

- Create a calming and consistent nighttime routine that allows for 30 minutes of "winding down" time. Dim the lights, as bright lights can hinder melatonin production.
- Be physically active. Exercise has been shown to support improved sleep so commit to daily physical activity!
- Reduce alcohol consumption as it will disrupt sleep later in the night. Reduce caffeine intake in the afternoon and evening. Caffeine is a natural stimulant and can keep you wired for hours after consumption.
- Avoid eating a large meal too close to bedtime, as doing so may cause discomfort.
- Create consistency in your bedtime and rising time. Try to go to bed and rise at the same time.
- Try to be exposed to natural light early in the day. Sunlight helps to regulate the body's natural circadian rhythm.

Source: www.acefitness.org

4. Physical therapy is only necessary following surgery.

Physical therapy is an integral component of recovery following surgery; however, did you know that you can utilize physical therapy services before any scheduled orthopedic surgery? Research has shown performing PT prior to surgery can significantly improve outcomes including pain, activities of daily living (dressing, bathing), range of motion, psychological health, and social life following the surgery. Performing "prehab" has also been shown to have significant improvements in overall cost by a **29%** reduction in post-acute care services including skilled nursing facilities, home health, and inpatient rehabilitation centers.

Nutrition Tidbits

March 2023



March is National Nutrition Month!

The theme for 2023 is Fuel for the Future: a focus on eating sustainably to both nourish ourselves and protect the environment.

Weekly focus for the month of March:

Week 1: Eat with the environment in mind.

- Eat more plant-based meals and snacks, try doing meatless Monday and enjoy a meal with tofu, tempeh, or lentils
- Purchase foods with minimal packaging
- Buy foods that are in season and shop locally when possible- try going to a local Farmer's market this spring!

Week 2: See a Registered Dietitian (RD).

- Our Registered Dietitians can help you with any of your nutrition and fitness goals including fat loss, muscle gain, fueling for workouts/activities, and chronic conditions such as diabetes, heart disease, and many more

Week 3: Stay nourished and save money.

- Plan your meals and snacks for the week- shop your pantry, fridge, and freezer first and plan meals around the foods you already have on hand
- Make a grocery list and shop the sales and look for coupons
- Purchase frozen fruits and vegetables to help prevent food waste and save money when produce you enjoy isn't in season

Week 4: Eat a variety of food from all food groups.

- Include your favorite cultural foods and traditions
- Avoid fad diets that promote unnecessary restriction


Week 5: Make tasty foods at home.

- Learn cooking and meal preparation skills
- Find creative ways to use leftovers rather than tossing them
- Create happy memories by eating with friends and family when possible

Adapted from: eatright.org

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

Simple
Tips
to Stick
with your
Goals



- 1) Start small - If you currently exercise 0 minutes/week, planning to run on the treadmill for 45 minutes 5 days/week is TOO BIG OF A STEP! In that case, work up to that goal; start with something more manageable like two 15-min walks a week.
- 2) Get specific - Eating healthier is a fabulous focus, but what does that specifically mean for you? Are you in need of increasing your water intake? Reducing the amount of pop you drink? Do you need to eat at restaurants fewer times throughout the week? If you aren't getting specific about the changes you will make, you will find yourself lost and overwhelmed.
- 3) Get an accountability partner - We are far more likely to let down ourselves than we are to let down someone else. Is there someone in your life who's willing to make these changes with you – a partner, friend, family member, or coworker?
- 4) Celebrate wins along the way - Many people have a long-term goal – for example, a 30-lb weight loss – and they hold off on any celebrations or feelings of success until they've hit that long-term goal. By celebrating the smaller accomplishments along the way, we increase our sense of accomplishment which is essential to keeping up our motivation.

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