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GE FITNESS CENTER NEWSLETTER

March 2024

March Into Spring!

Being physically active can improve:

- ❖ Brain health
- ❖ Manage weight
- ❖ Reduce risk of disease(s)
- ❖ Strengthen muscles and bones
- ❖ Improve ability to complete everyday activities

How much activity do I need?

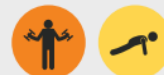
Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

- ✓ Exercise for 150 minutes per week of moderate intensity aerobic activity
- ✓ Muscle strengthening (anaerobic) activities on 2 or more days per week that work all major muscle groups
- ✓ Flexibility activities on 2 or more days per week that work all ranges of motion

Schedule a consult at the Fitness Desk with a Health Fitness Specialist to help with planning a workout program to achieve your goals!!



Meet Our New Health Fitness Specialist

Welcome our new Health Fitness Specialist to our GE Fitness Center team, Angelina Tran. Meet one-on-one with Angelina to discuss your goals for exercise, and she will tailor a workout routine to fit your needs. Follow up with her to enhance and modify your workout as needed.

Nutrition Tidbits

March 2024

Pre-Workout Nutrition

Want to make sure you are getting the most out of your workout program? Then it's time to start thinking about your pre-workout meal or snack and how it impacts your performance in the gym! There are factors to consider in deciding on a pre-workout meal or snack like: timing, length, and type of workout. As always with nutrition it can take trial and error to nail down what works best for you. Keep reading for our suggestions!



Workout timing:

Morning workout- try an easy to digest quick carbohydrate source like dried fruit or an applesauce pouch if you don't have much time between waking up and getting to the gym

Afternoon workout- if you are exercising over your lunch break, it may be helpful to have a balanced breakfast and then a snack ~1 hour before your workout with a balanced meal after


Evening workout- consider adding a balanced snack in the afternoon 1-2 hours before your workout if it has been more than 2-3 hours since you had lunch

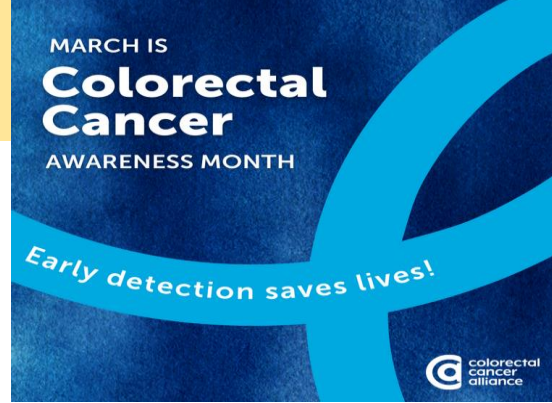
Workout length: If you are an endurance athlete working out for 90+ minutes, you should consider a quick carbohydrate like a gel, applesauce, dried fruit, or sport drink during your workout in addition to your pre-workout meal or snack

Workout type: Consider the type of workout when planning your pre-workout nutrition, you may be able to have a meal or snack closer to a weightlifting workout but need more time to digest before a high intensity cardio session

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

Time for some “spring cleaning!” (pun intended).

Colorectal cancer is the **second deadliest cancer** in the United States. Yet it's one of the few cancers that's preventable thanks to screening. Here are two reasons why getting checked matters: Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease. Screening can also find colorectal cancer early, when treatment is most effective.

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