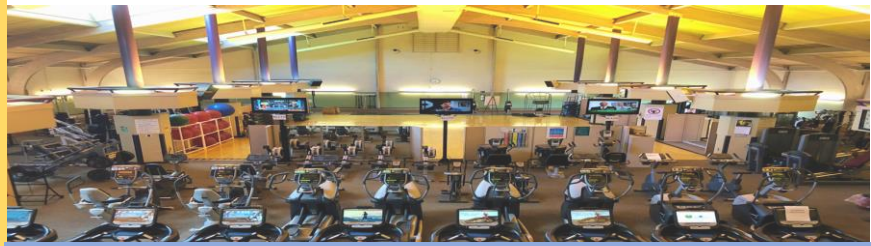


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# GE FITNESS CENTER NEWSLETTER

May 2023

## *Exercise and Summer Heat!*

Summer heat and humidity can certainly put a strain on your exercise plans. While you may have the option to move your workout plans indoors into an air-conditioned space, that's not the only way to stay cool during warm-weather workouts. With some planning and precautions, many people can still exercise outdoors safely on hot summer days.

So, when the temperature of the air around you is hotter or when your body is producing more heat through exercise — or both — you sweat more. When it comes to staying cool in the summer heat, sweat is helpful. During exercise, the body also diverts blood flow away from your internal organs and toward the blood vessels around your skin to help your body cool.

Despite all these built-in cooling systems, we can still overheat — especially when exercising in hot conditions. When the heat you're producing is greater than the heat you're losing, body temperature rises, which can lead to serious health issues, including heat rash, heat cramps, heat exhaustion, and heatstroke (which can be life-threatening), according to Cleveland Clinic.

<https://www.everydayhealth.com>



### PT Corner

#### **Have consistent headaches? Physical therapy can treat that!**

The International Headache Society describes several different categories of headaches: cervicogenic or muscle spasm headaches, migraine headaches, cluster headaches, cranial neuralgias, and secondary headaches from an underlying condition such as fever or infection. Most headaches can resolve on their own; however, some people suffer from frequent, reoccurring headaches that can affect the ability to perform daily tasks or quality of life.

Physical therapists are experts in managing pain and are trained to determine the different type of headache that may be present, as well as the potential trigger or cause to the headache. Specific interventions physical therapy can incorporate into the treatment of headaches include but are not limited to: joint mobilization/manipulation, soft tissue massage, postural strengthening or flexibility exercises, dry needling, and mechanical traction. Physical therapy can also assist with providing a home exercise program to prevent the reoccurrence of headaches in the future.



**Questions?** Feel free to reach out to Joey Niehaus PT, DPT, Cert. DN at the GE Family Wellness Center if you have further questions about this intervention.

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Email:

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### Tips for Meals at Work

Many of us eat our lunches or other meals at our desks while answering e-mails and answering the phone between bites. Of course, the best advice is to avoid desk dining, for several reasons, including mental and physical health. However, sometimes it is inevitable. These tips may help.

**Meal Planning:** It is easy to become distracted and to eat more than you mean to, or need to, when you are preoccupied. Take the time to plan what you will eat before digging in to avoid taking bite after bite of food that you do not even taste.

**Carbohydrate, Protein, and Fat:** Remember to have some carbohydrate, protein, and fat in your meal. This will help to keep you full longer, aid in the absorption of the vitamins and minerals that you consume and allow for your blood glucose to stay steady.

**Small Meals and Snacks:** If your schedule is flexible, do not eat just because the clock tells you that it is mealtime. It is best to eat something at least every 4 hours, but a small snack can tide you over until a later meal. Some people who are very busy at work find it easiest to have a few small snacks spread throughout the day, rather than sitting down to eat a meal that they may not even really want, just because it is “time.”

**Beverages:** Keep track of those beverages. Adequate hydration throughout the day is key for many body processes, however, is especially important for our energy and mood during the workday.




**Healthy Choices:** The little things count. For example, choose the low-fat salad dressing, wheat bread, and grilled chicken breast instead of the regular salad dressing and fried chicken on a white bun. It is easy to tell yourself that these choices have a minimal impact on the healthfulness of your meal, but all of those small details can add up to less nutrition and more calories at the end of the day.

**Clean and Safe:** You might be surprised to know that there are probably germs on your desk. Keep disinfecting wipes close at hand so that you can clean off the area where you will eat. If you get called away from your meal, make sure that you put your food in the refrigerator, instead of leaving it out on your desk to return to later.

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.



We have all heard the word nourish, but what does it actually mean? According to Oxford Languages *nourish* means “provide with food or other substances necessary for growth, health and good conscience; keep a feeling or belief in one’s mind, typically for a long time.”

Take the time to provide yourself and your personal wellbeing a dose of nourishment daily:

N – Notice Nature

O – Observe Your Breath

U – Uniting with Others

R – Replenish with Food

I – Initiate Movement

S – Sit in Stillness

H – Harness Your Creativity

## 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