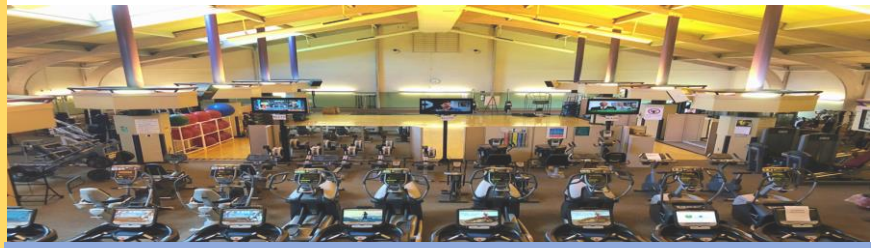


Scan the QR code to opt in to receive the monthly Fitness Center Newsletter electronically.



# GE FITNESS CENTER NEWSLETTER

November 2023

## Fall Into Fitness

### **Enjoy the foliage.**

Exercising outside feels like a lot less work, especially if you're doing something you enjoy. Relish the cooler weather and take advantage of outdoor adventures before the winter rolls in. Research park trails nearby to enjoy a hike or bike ride amid fall's colorful foliage. Even apple picking or pumpkin gathering with your kids is a fun activity that is sure to burn calories.

### **Layer up.**

The change in season brings about a change in climate. Temperatures could gradually decrease or drastically dip over the next month. Keep this in mind as you plan outdoor activities and invest in breathable, moisture-wicking clothing. Though you may feel chilly at first, your body will quickly warm up once your blood starts pumping so you don't want to overdress either. For those cold morning runs, a hat will help insulate your head where you lose the most heat.

### **Be safe.**

Shorter days bring dark mornings and evenings, but this shouldn't deter you from an outdoor exercise regime. Just be smart about it; wear reflective workout clothes and carry a flashlight to illuminate your path. Bike riders should invest in headlights and blinking taillights and stay clear of heavy traffic roads. All early morning or evening exercisers should opt for designated paths or head to the local school track.

### **Take a cue from the kids.**

As children head back to school this season, remember that you, too, should never stop learning. Are you interested in CardioKick, CardiPiYo, or Zumba? Give it a try, we offer classes here at the GE Fitness Center. Stop by the front desk to learn more about our class schedule.



# Nutrition Tidbits

November 2023

## How to Increase Muscle Growth



Every day we breakdown muscle protein and build it up again, a term called muscle turnover. This turnover means we can recondition the muscle and change our body composition. However, if there is no incentive for muscle to grow, it wastes away. So, what can you do to regulate muscle growth? The simple answer is eat and move!

**Consuming a meal with about 30 grams of protein** increases muscle protein synthesis rates for several hours after ingestion, resulting in muscle protein growth. There are multiple factors that affect this muscle protein growth including the type, amount and timing of protein consumed as well as food preparation.

When we **engage in physical activity before a meal, we increase the amount of muscle protein growth** because we become more sensitive to amino acid building processes, which allow more protein ingested to be used for muscle protein synthesis. We are also able to sustain this level of growth over a longer length of time when compared to consuming a meal with no physical activity beforehand.


As we age, muscle loss is accelerated due to multiple factors including becoming more anabolically resistant, meaning the same amount of food does not increase muscle growth. Increasing physical activity can help reserve anabolic resistance. **You can always increase muscle as long as you are living!**

*In summary, ensuring you are consuming about 30 grams of protein after engaging in physical activity can help you maximize your muscle growth.*

Interested in learning more about how you can maximize muscle growth through diet? Schedule a free consultation to meet with one of your registered dietitians.

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



- Why do we do that?
- This behavior has become such an ingrained habit it's done automatically.
- I really wish I could make a change...

Behavioral change is about altering habits and behaviors for the long term. The latest research around health-related behaviors demonstrates that **small changes** can lead to enormous improvements in people's health. Implementing actionable day-to-day behaviors can help you get started:

- 1) Decide on the Action you are going to take.
- 2) In what context or situation will the Actionable Behavior take place.
- 3) How long is the Action/Behavior going to last?

# 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