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GE FITNESS CENTER NEWSLETTER

October 2023

Evendale Flu Clinics

We encourage getting a flu shot as it can reduce the burden of flu illnesses, hospitalizations, and deaths on the health care system. The CDC recommends a yearly flu vaccine for everyone 6 months and older as the first and most important step in protecting against the flu. Seasonal flu shots protect against the four viruses that are predicted to be most common during the upcoming season.

GE Employee Flu Shots

- Cost is free for employees
- Location: Building 800 auditorium
- Time: 5:30am – 5:30pm

Dates:

- Tuesday, October 17
- Wednesday, October 18
- Wednesday, November 1
- Thursday, November 2



Registration is required by the link below or scan the QR code:

<https://www.signupgenius.com/go/geflu2023#/>

PT Corner

October is National Physical Therapy Month a time to celebrate, and all the ways physical therapists improve lives across the country.

Services GE Family Wellness Center Physical Therapy Offers:

- Post Op Rehabilitation
- Work injury Rehabilitation
- Sports Injury Rehabilitation
- Dry Needling
- Vestibular Therapy (for vertigo)
- Neck, back, shoulder, elbow, hip, knee, ankle, foot therapy

<https://gefwc.trihealth.com/services/physical-therapy-and-massage-therapy>

GE Family Flu Shots

GE Family Flu Clinics are available for GE employees, spouses, dependents (age 3 and older), and retirees at the GE Family Wellness Center.

Please call 513-853-8900 to schedule an appointment.

Dates (Saturdays):

- September 30
- October 7
- October 14
- October 21
- October 28



Nutrition Tidbits

October 2023

Mental Health Awareness Month

Did you know that nutrition can have an impact on mental health?

Fact: 43.8 million adults experience mental illness in a given year.



Mood boosting nutrients:



Omega 3 fatty acids

- Anti-inflammatory actions that may help relieve depression
- Found in fish (salmon, tuna, mackerel), flax & chia seeds, walnuts

B vitamins

- Deficiency can cause poor concentration and attention, memory, stress, and irritability
- Found in whole grains, lentils, beans, bananas, nutritional yeast

Magnesium

- Regulates serotonin “happy hormone” levels
- Found in beans, nuts and seeds, bananas, tofu, spinach

Tryptophan

- Role in production of serotonin and melatonin (regulates sleep)
- Found in oats, bananas, milk, tuna, chicken, turkey, peanuts

Tricks For Managing Treats this Halloween



1. Eat balanced meals throughout the day- don't skip!
2. Hold off on buying candy for trick-or-treating until closer to Halloween.
3. Enjoy your favorite candy but be mindful, take a few pieces and set to the side instead of mindlessly grabbing from the candy bin.

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



Detach from negativity! Like many things in life, negativity, can become a habit. Frequent criticism, cynical thoughts, and denial can create neural pathways in the brain that encourage sadness. Extended periods of negativity and pessimism slows digestion and decreases the immune system's ability to fight inflammation, cause cardiovascular problems and inhibits recovery from sickness. Take note daily to separate yourself from negativity; whether it's from social media, people near you, television, or social events. Choose instead to focus on building up yourself and others. Act in areas where you can make a positive impact!

Source: Marque Medical

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