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



#### Warm-ups and Cool-downs

Workouts can be enhanced through effective use of warm-ups and cooldowns, as well as progress towards health/fitness goals. Warming up and cooling down leads to better exercise performance. A warm-up before a workout dilates blood vessels, increasing blood flow to muscles and ensures they received adequate oxygen. It will raise the body's temperature leading to optimal flexibility. Other benefits would include helping to prevent injury, such as pulling a muscle.

https://www.heart.org

#### PT Corner: Stay ahead of the pain in 15 minutes!!

Follow along each month with six foundational exercises to assist in the prevention of pain by targeting the maintenance of flexibility, and the enhancement of strength for important foundational muscle groups.

-Each month will target a specific body region: such as Neck/Mid Back, Shoulder, Elbow, Wrist/hand, Hip/Knee, Ankle/Foot and others.

Each body region will cover a range of motion/flexibility routine and a strengthening routine separately. The exercises in each routine are intended to assist in general health and well-being. If you experience any pain while performing an exercise, you should stop the exercise. If you have any questions about any of the exercises, or have pain in a specific body region, you can consult the physical therapy department at the GE Family Wellness Center:

Joey Niehaus PT, DPT, Cert. DN Email: Joseph Niehaus@trihealth.com

Phone #: 513-853-8900

Stay tuned and we look forward to working with you!



# GE FITNESS CENTER NEWSLETTER

September 2022

Cool-downs are just as critical, since after a workout your heart is still beating faster than normal, body temperature is higher, and blood vessels are still dilated. Suddenly stopping exercise can lead to light-headedness or even just feeling sick. The cool-down after a workout allows for a gradual decrease in heart rate. It's a good idea to stretch during the cool-down as limbs, muscles, and joints are warmed-up! Stretching can also help sore muscles recover faster and reduce stiffness!

#### Warm-Up Tips:

- Warm-up for 5 to 10 minutes
- Engage the entire body
- Be specific. Do whatever activity you plan on doing at a slower pace. (Running; jogging)
   Cool-Down Tips:
- Walk for about 5 minutes, or until heart rate drops below 120 beats per minute.
- Static Stretches
  - Hold each stretch for 10 to 30 seconds at the point of mild discomfort.

#### Meet our Health Specialist: Kerri Carroll

Kerri is originally from Cleveland, OH but moved down to the Cincinnati area about three years ago. She previously worked as an engineer, but decided to pursue a career change in fitness. She received her master's in Exercise Science from Northern Kentucky University and she is currently studying to become a Certified Strength and Conditioning Specialist. Kerri enjoys staying active-especially hiking, basketball, golf, and tennis - and checking out new restaurants in the Cincinnati area with her husband. Kerri is the Fitness Specialist located at The Banks' Fitness Center!



Stop by the G.E. Fitness Center located at The Banks to make an appointment with Kerri!

## **Nutrition Tidbits**

September 2022

#### What's Super about Superfoods?

There is a lot of hype these days on superfoods, and it seems like there's a new food deemed 'super' daily. What does it mean for a food to be super? Essentially these foods are nutrient-dense and contain a high number of phytonutrients, which may lower your risk for diseases such as cancer and heart disease. It is important to know that while many of these foods can help reduce your risk, they cannot cure any ailment on their own. The term superfood is a marketing phrase for foods that may be beneficial to your health, rather than an FDA regulated term with labeling requirements.

Below is a sampling of foods that are 'super'. Keep in mind there are many other foods out there that contain great nutritional properties that don't have the "superfood" label attached to them. Instead, think of a "super diet" where the emphasis is on a nutrient-rich, balanced diet containing fruit, vegetables, whole grains and lean proteins.

Superfood	Benefit
Dark Green Leafy	Provide vitamins A and C, potassium and
Vegetables: kale, spinach,	phytochemicals such as glucosinolates, which lower
chard and bok choy	oxidative stress, decreasing the risk of cells becoming
	cancerous
Nuts: walnuts, almonds,	High in fiber, selenium, arginine, polyphenols, and
and pistachios	polyunsaturated fats
Seeds: hemp, flax, chia,	Contain fiber, protein, and healthy omega-3 fats
pumpkin	
Fruits: avocado, berries	Deliver vitamin C, folate, fiber, potassium, and contain
such as blueberries, goji	high levels of antioxidants and phytochemicals such as
berries, acai berries, etc.	anthocyanins
Beverages: green tea	Great source of polyphenols like EGCG, an antioxidant
	that slows the irregular cell growth and could
	potentially protect against several cancers
Whole Grains: steel-cut	Provide protein, fiber, vitamin E, polyphenols, B
oats and quinoa	vitamins, and a host of other phytonutrients
Spices: garlic, ginger,	Boosts our immune systems and helps fight infection
turmeric, and cocoa	
Protein: salmon	High in omega-3 fatty acids, which can lower your risk
	for heart disease, help with arthritis, and may help with
	memory loss
Legumes: soy, black, and	Contain fiber, protein, iron and B vitamins that make
kidney	them heart healthy and may benefit the prostate as
	well
Dairy: yogurt and kefir	Full of protein and probiotics that help improve
	digestion and bolsters the immune system

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 our Registered Dietitian 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**

Have you ever thought that being "healthy" and taking care of yourself is hard! Well, it doesn't have to be. It's time we change our mindset and realize our bodies want us to be happy and healthy. Good health is something we don't necessarily have to work hard towards but rather get out of our own body's way.

- 1. Sleep Well
- 2. Drink More Water
- 3. Eat Well/Real Food
- 4. Practice Positive Thought Patterns
- 5. Move Your Body Every Day
- 6. Pay Attention
- 7. Don't Sit Often or Sit Well

https://fourwellness.co/blog/7simple-tips-for-healthy-and-happyliving

# Großker

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

