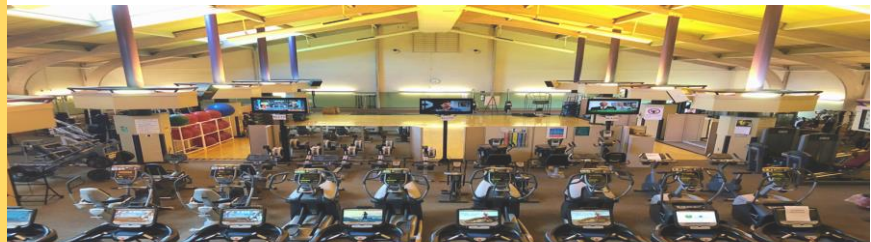


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# GE FITNESS CENTER NEWSLETTER

September 2022

## Warm-ups and Cool-downs

Workouts can be enhanced through effective use of warm-ups and cool-downs, 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](mailto:Joseph_Niehaus@trihealth.com)

Phone #: 513-853-8900

**Stay tuned and we look forward to working with you!**

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!

