

GE FITNESS CENTER NEWSLETTER

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MEET OUR NEW SPECIALIST



[Gavin Schoelkopf](#)

Gavin recently relocated from Columbus to Cincinnati !

Gavin graduated from Miami University with a Bachelors Degree in Kinesiology and a Masters in Exercise Science. He also interned at Miami University Women's D1 Hockey team as a strength coach.

Gavin enjoys going to church, working out and thrift shopping.



Stretch - tember

Stretching has many benefits on the body including; increased range of motion, reduced inflammation, increased flexibility and reduced risk of injury.



- Start in a seated position in a chair or on a mat.
- Clasp your hands together and slowly raise them as high as you can.
- Hold for 30 seconds. Repeat 2-3 times.



- Start in a seated position in a chair or on a mat.
- Tilt your head to the left, lower your left ear to your shoulder.
- Hold for 30 seconds. Repeat 2-3 time on each side.



- Place your arms behind your head being careful not to press your head.
- Hold for 30 seconds. Repeat 2- 3 times.



- Sit in a chair or mat. Wrap your feet around your chair legs.
- Reach across your body and grab on to the back of the chair.
- Pull gently to increase the stretch in the mid back
- Hold for 30 seconds. Repeat 2- 3 times.
- Switch sides and repeat.

NUTRITION TIDBITS

NATIONAL CHOLESTEROL EDUCATION MONTH

What we eat can have a huge impact on our cholesterol levels. Understanding what can affect your cholesterol is important, if you're looking to improve your lipid panel. Two nutrition recommendations to improve your lipid panel are one; to eat a high fiber diet. Secondly, limit your intake of saturated and trans fats.

Saturated fats are typically solid at room temperature. The American Heart Association recommends saturated fat to be less than 6% of your total daily calories. For example, if eating 2000 calories daily the goal would be to keep your saturated fats below 13 grams daily. You should also choose lean sources of meat and dairy; due to saturated fats that naturally occur in our meat and dairy products. Saturated fats are also found in plant-based foods such as coconut, coconut oil, cocoa butter and palm oil.

Trans fats are created when a hydrogen is added to liquid vegetable oils to make them more solid. The FDA has required trans fats to occur on a nutrition facts label, however, companies can round down. For example, a label might say 0 grams trans fat but can contain 0.5 grams or less trans fats. It's important to read the ingredient list and look for "partially hydrogenated oil". Trans fats occur in many fried foods and baked goods.

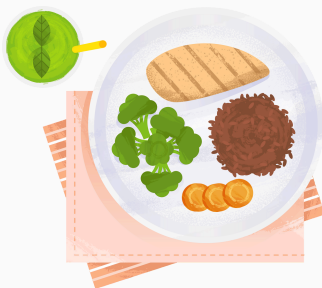
Tips to Limit Saturated and Trans Fats:

- Eat a balanced diet of fruits, vegetables, whole grains, fat-free or low-fat dairy products and lean sources of protein (poultry, fish, and nuts)
- Limit red and processed meats
- Limit intake of sugar-sweetened foods and beverages
- Choose un-hydrogenated vegetable oils (avocado, canola, safflower, sunflower and olive oils)
- When using saturated fat sources ensure you are using in moderation and watching your portion size
- Limit your intake of fried foods and baked goods

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 one of 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

“September is National Healthy Aging Month!

Healthy aging is a continuous process of optimizing opportunities to maintain and improve physical and mental health, independence, and quality of life throughout the life course.”

-Pan American Health Organization



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*SSO and email required

