

Exercise Related Headaches

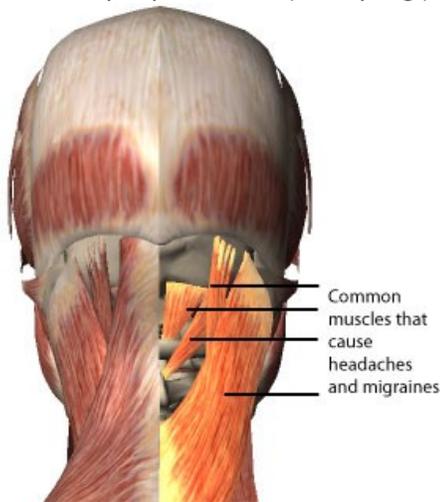
Exercise-related headaches are common and understanding what triggers them is the first step to prevention. Weak muscles and poor posture while exercising can be the root cause of some headaches. Here are some common mistakes made in the gym.

The Trigger: Weak Muscles

Running and aerobics can sometimes jostle the brain and set off throbbing, especially if your neck muscles are deconditioned. This is somewhat common among newer exercisers who are still building muscular strength and stability. Targeted neck exercises are key to maintaining proper form which can help eliminate the jarring of your head and ease pressure on the muscles that stabilize it.

The Trigger: Poor Posture

When muscles are weak and unable to hold correct form the extra stress to your neck can set off a chain reaction of pain that can eventually morph into a headache. Clenching your jaw is often a way we compensate when we're struggling to lift weight. Hunched shoulders can happen when cyclists are powering through standing sprints. To decrease the chance of sparking a headache maintain proper form by keeping your neck and shoulders as relaxed as possible.



The Guilty Exercise Culprits

Crunches: Yanking on neck
Lateral Raise: Shoulders elevated towards ears
Rowing Machines: Back hunched forward

The Fix

Exercises that focus on strengthening the neck and postural muscles in the upper back. Yoga is a good practice since the skills you build translate to better form during other forms of exercise.

A regular well-planned exercise program could decrease the frequency of headaches. Exercise stimulates your body's natural pain controlling endorphins. We all have

the tendency to unintentionally pick up bad habits while exercising. It can be difficult to tell if your form needs some tweaking. Try using a mirror or ask a fitness professional to evaluate your form to identify any problems that may be contributing to headaches.

Facility Spruce Up

We are very excited about numerous facility projects currently underway to improve the GE Fitness Center environment and experience.

- A new pool HVAC and water heating system has been installed providing more consistent air and pool temperatures.
- The pool area will be painted to brighten the room.
- New LED lighting is being installed as well as a fresh new dynamic paint scheme to help brighten & energize your workout experience on the main exercise area.
- The outdoor track is scheduled for replacement in March of 2020!

GE HealthAhead continues to provide a comprehensive menu of services dedicated to the health and wellbeing of GE Employees, Families, & Retirees!



Dietitian Corner - Healthy Holiday Recipe: Christmas Tree Salad

Holiday meals often are built around family-favorite recipes that are comforting in their familiarity but aren't necessarily the most healthful of choices. I wanted to share my one of my personal favorite holiday recipes that not only looks like a sparkly, twinkly Christmas tree, but is also a POWER-HOUSE of nutrients such as disease-fighting antioxidants, anti-inflammatory compounds, and weight-stabilizing fiber! Incorporating this festive salad at your holiday meals is a great strategy to front-load with those fruits and vegetables to quench your sweet tooth and leave less room for those inevitable treats!



Ingredients

- 1 bunch swiss chard (red or green), chopped
- 1/3 cup pomegranate seeds
- 1/4 cup red grapes, sliced
- 2 mandarin oranges, peeled and sliced in half, segments separated
- 1 small onion, diced
- 2 Tbsp. dried cranberries or raisins (optional)
- 1 small apple, chopped
- 1/4-1/2 cup raw pecans, chopped

Dressing

- 1 Tbsp maple syrup
- 1 Tbsp extra virgin olive oil
- 1 Tbsp apple cider vinegar
- 1/8 tsp coriander
- A few pinches or orange zest
- Pinch of cayenne
- 1/3 tsp salt or to taste
- 1/4 tsp black pepper
- Star topper: 1 slice of toast, sliced into a star

Yield: 4-servings

Prep time: 15 minutes

Cook Time: 2 minutes

Total time: 17 minutes

Calories: 150

Instructions

1. Simply prep all your ingredients and toss them with the dressing/spices in a large bowl. Toss and mix very well since this will help to distribute the flavors and infuse the chard with flavor.
2. You can serve right away or chill in the fridge for up to 12 hours before serving. Any longer and your chard will begin to get a bit soft. Serve raw and chilled. Top it! For the "star" tree topper, simply toast any slice of bread and using either your knife (free-hand) or a star-shaped cookie cutter, cut out a star to top the tree salad.

Source: <https://healthyhappyllife.com/christmas-tree-salad-pomegranate-pecans/>

Looking for more ideas on healthy holiday recipes or nutrition tips to stick to your health goals during the holiday season? Schedule your appointment today with Hannah Griswold, MS, RDN, LDN, CDE by calling 853-8900.

Mindful Eating and Yoga Presentation

With season greetings, comes stress. Learn how to practice relaxation in the moment. Celebrate mindfully and appreciate yourself and life.

- Tuesday 12/3, 12p-1p
- Tuesday 12/17, 11:45a-12:45p



Pre-registration is required. Register at the front desk November 18th-December 16th.

GEFC Holiday Hours

12/24 & 12/25 -Closed Christmas Holiday

12/26 - 8 AM-8 PM No Group Fitness Classes

12/31 - 8 AM-5 PM 12/19-1/1/20

1/1 -Closed New Year's Day

Holiday Hydro Bootcamp and Home for the Holidays Spin

Join us for an intermediate to advanced water circuit training class.

- Thursday 12/9, 4-4:45p
- Friday 12/27, 4-4:45p



Come to one last spin class before all the holiday celebrations begin.

- Monday 12/23, 11:30a-12:30p