

To Squat or Not to Squat

Squatting is one of the most functional & foundational movements in our lives. We've been squatting since we were babies and it's one of the most natural human movement patterns. Because of modern day furniture and technology our bodies have adapted to sitting at our desks more frequently and we're not squatting lower than the barriers of our chairs too often.

Many times people are told they have bad knees because of squatting; however, it can be the opposite – joint pain may be caused from ceasing squatting. With this total body movement you can strengthen your bones, muscles, knees, and increase flexibility. Improving the strength in your knees and hips reduces your chance of injury while exercising and performing household chores.

Focusing on proper form is critical, and because everyone's body is different no two squats will look alike. The majority of our population has mobility issues, so if your squat looks different than the person next to you, it doesn't necessarily mean you're performing the movement wrong.

Whether you're a beginner looking to strengthen your quads and squat below 90 degrees, or you're a well-versed lifter who is striving towards adding more weight to your barbell, squatting deserves its place in every exercise program. Our fitness specialists would love to guide you through proper squatting technique and help create a program for you to reach your strength goals! Stop by the front desk to schedule an appointment.



Member Spotlight—Don Goepper

Training to Summit Denali

What prompted your journey to good health & why did you made a change?

About 4 years ago while climbing Mt. Rainier, I struggled taking the better part of 2 days to slog up 4,000 vertical feet of powder snow. When we finally made it to camp, it was all I could do to get into my sleeping bag and pass out. Regretfully, we did not wake up at midnight as planned, missing the summit push despite perfect weather. That morning I promised myself I would never miss another summit opportunity because of a lack of fitness.

How did you begin & what wellness/fitness resources did you find support from?

I'd been dreaming of climbing Denali for many years and with my son nearing 1 ½ years old, I realized there wasn't going to be a more perfect opportunity than the present to go for it. I researched the route and discovered I'd need to carry approximately 60 pounds on my back while pulling an additional 70 pounds in a sled up 12,000 vertical feet. After doing an InBody scan measuring my body composition, I scheduled a care team appointment at the GE Family Wellness Center. This included a personal health advisor, dietitian, and a personal trainer. I concluded they could help me more than I realized. I decided to turn over my whole training and diet plan to the experts.

How do you feel now & where are you in reaching your goals?

I returned from Alaska a few weeks ago and feel spectacular. Unfortunately, I didn't summit Denali. We sat in storms for 10 days and ran out of food at 17,200 feet waiting for a clear day to continue. Even so there wasn't one time in the entire expedition where I felt underprepared physically or nutritionally. I found our team of climbers were more prepared and held more stamina than other teams we encountered. This due to the support from the GE wellness team while I was training.

What advice do you have for others who may be hesitant to start seeking a healthier lifestyle? There is never going to be a good time to start going for your goal, so just take that first step, go for it, and be passionate about it. I feel with the right priorities just about anything is possible, and for me in the end even if you don't get your "summit", it's more about the journey, the commitment, and being the best you can be than the final outcome.

Dietitian Corner—Healthy Summer Traveling Tips

It's time for summer vacation! And no matter where you go, surviving vacation with your health goals intact—while still enjoying your time in the sun—is a top concern for many people. Eating healthy can be difficult when you find yourself out of your routine surrounded by numerous temptations at every corner. But you don't have to let a flight, long hotel stay, or road trip derail you from maintain your healthy habits. Follow these top 5 tips for eating healthy while traveling this summer.

- 1. Plan ahead.** This is the most crucial step for success! Many restaurants' menus are online so you can look at the nutritional content to know the healthiest option before you arrive. Deciding ahead of time where you will indulge can also help you make conscious choices.
- 2. Always have healthy snacks readily available.** When we don't have a routine, we can often find ourselves going hours in between meals. This can make it difficult to choose the healthy option and lead to overeating at the next meal. Stop at a grocery store to stock up on healthy items like fresh fruits and vegetables to have on hand.
- 3. Start the day with a healthy breakfast.** This will give you momentum to continue making healthy choices throughout the day.

4. Pack healthy foods while on road trips or traveling by plane. Check out my top snack recommendations in the table to the right.

5. Focus on hydration. Flying in the air is very dehydrating. Bring a reusable water bottle with you for a cheap method to get your water in. Staying hydrated will not only make travel more enjoyable, but it will also curb any cravings you may have due to dehydration.

Top 10 Snacks for Traveling:

1. Fresh produce
2. Single-serving nut butter packets
3. Low-fat string cheese
4. Hardboiled eggs
5. Nuts and seeds, or DIY trail mix
6. Beef or turkey jerky
7. Hummus or guacamole packs
8. Greek yogurt
9. Pre-popped popcorn

GE Cincinnati Tennis League



The GE Tennis League is a volunteer-run group of about 200 tennis players and enthusiasts in the Cincinnati area who work at GE. The league is open to employees and their immediate families. This league includes players ranging from beginners to former high school or college tennis players. Regardless of your skill level or how long it's been since you played, we'd love to have you join the league and meet other players to get healthy and have fun! Activities are completely FREE thanks to funding from HealthAhead and the Asian Pacific American Forum who support the league. Here's a summary of the events for the 2019 season with links for reference.

Tennis Clinics

- July 10th- August 28th, Wednesdays 7:30 – 9p
- Courtyard Sportsplex West Chester
- Clinics available for both beginners and experienced players
- Sign up at <https://signup.com/go/bgMptnM>

Casual Open Play

- June – August, Mondays & Wednesdays 5:15 – 6:45p
- Lakota West High School
- Groups for both beginners and experienced players
- Sign up at <https://signup.com/go/JjGYGBp>

Summer Tennis League

- July – October, Matches played at whatever time/location work for you
- Leagues for singles and doubles of all levels
- Sign up at <http://surveys.ge.com/create/442951>

For more information

Join the league page on Yammer
www.yammer.com/ge.com#/home
Search: GE Cincinnati Tennis League

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