

Advantages of Using Strength Machines



1. Controlling mechanical overload and path of motion

Mechanical overload is the amount of physical force placed on a muscle and is essential for stimulating muscle growth. Because exercise machines control the path of motion and place the greatest amount of force where a muscle is the strongest, it can be a safe way to apply the overload necessary to stimulate muscle growth.

2. Placing resistance specifically on the contractile element of muscle

Improving muscle size and strength requires using external resistance to stimulate the contractile element of the muscle to become capable of generating higher levels of force. Machine training can be extremely effective at achieving this outcome.

3. Creating metabolic overload

Metabolic overload occurs when a muscle is required to work to a point of momentary fatigue and does not have the energy to generate another contraction. Muscle growth occurs either as a result of mechanical or metabolic overload. Machines provide the safest and most time-efficient means of being able to perform sets to the point of complete fatigue.

4. Time-efficient solution for circuit training

Circuit training requires transitioning from one exercise to another with a minimal amount of rest and can be effective for creating both a mechanical and metabolic overload. Using machines is the most safe and time-efficient way to do a circuit.

5. Safety

While overloading a barbell for a squat or bench press could cause serious injury, machines allow a user to lift with maximal loads with a minimal risk of injury from falling weights.

Freestyle Swim Clinics

The fitness center is excited to offer Freestyle Swim Clinics to swimmers of all skill levels. Sign up for one or all of the classes! You do not have to be a fitness center member to participate, but health history pre-screen and waiver must be completed to attend. For more information or to sign up, see the receptionist. Additional questions email: Erica.millender-stevens@ge.com

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|---------------------|-------------------------|-------------------------|-----------------------|
| Beginner | Mon. 3/9 4:30p-5p | Tues. 3/10 5p-5:30p | |
| Intermediate | Mon. 3/16 5p-5:30p | Tues. 3/17 5p-5:30p | Wed. 3/18 1p-1:30p |
| Advanced | Tues. 3/24 3p-3:30p | Wed. 3/25 3:30p-4p | |
| Flip Turns | Sat. 3/7 8:30a-9:15a | Thurs. 3/26 5p-5:30p | |



Beginner: No previous swimming experience; learn the swimming basics: front float, back float, recovery from gliding, and novice freestyle.

Intermediate: Learn tips to make your stroke more efficient

Advanced: Learn ways to improve your technique

Flip Turns: Learn how to do a flip turn

Dietitian Corner—March is National Nutrition Month

Every year we celebrate National Nutrition Month in March, and this year's theme is "Eat Right, Bite by Bite", which is a great reminder that small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction. Good nutrition doesn't have to be restrictive or overwhelming. Try implementing these simple steps each week to create a healthful life!

EAT RIGHT



BITE BY BITE

Week 1: Eat a variety of nutritious foods every day.

- Include healthful foods from all food groups.
- Hydrate healthfully with beverages.
- Learn how to read Nutrition Facts labels.
- Practice portion control.
- Take time to enjoy your food.

Week 2: Plan your meals each week.

- Use a grocery list to shop for healthful foods.
- Be menu-savvy when dining out.
- Select healthful recipes to make during the week.
- Enjoy healthful eating at school and at work.
- Plan healthful eating while traveling.

Week 3: Learn skills to create tasty meals.

- Keep healthful ingredients on hand.
- Practice proper home food safety.
- Share meals together as a family when possible.
- Reduce food waste.
- Try new flavors and foods.

Week 4: Consult a Registered Dietitian Nutritionist (RDN).

Thrive through the transformative power of food and nutrition.

Find an RDN who is specialized to serve your unique needs. Your Registered Dietitian, Hannah Griswold, is available to help you achieve your health-related goals. Just call 513-853-8900 to schedule an appointment.

To learn more about National Nutrition Month, visit the academy's website at: <https://www.eatright.org/>

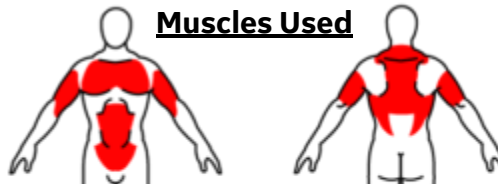
Exercise of the Month

Renegade Row



The renegade row is a multi-joint exercise that targets muscles in your back, chest, shoulder, triceps, biceps, and core. The exercise is a combination of a traditional pushup with a dumbbell row.

Muscles Used



Exercise Progression

-Use kettlebells, elevate feet, or place feet in a suspension trainer.

Exercise Regression

-Use lighter weight, place knees on the ground, or omit the pushup.

March into a New Fitness Class

Tai Chi

Mondays 5-6p
In the group
fitness studio



Improve balance and coordination. Increase flexibility and decrease stress. Maintain and build strength.

Meet at the Barre

Fridays 10:30a-11:15a
On the main group
fitness floor



Barre mixes elements of Pilates, dance, yoga, and functional training. All fitness levels welcome.