

Jump to New Heights with the Correct Box Jump Technique

Box jumps are becoming a common conditioning exercise. According to Mike Fantigrassi, NASM-CPT and Master Instructor, he says that they should not be used as a conditioning exercise but as a 1-rep max. Form for people typically starts to break when doing box jumps quickly as a conditioner and people don't pay attention to their landing. Not absorbing the landing very well puts stress on the body and could lead to injury. Here are Fantigrassi's tips on making the most of a box jump.

Box Jump Safety Tips

- Stick to a box or a sturdy surface
- Refrain from using stacks of weights, weight benches, or aerobic-exercise step platforms as they can be unstable
- Avoid excessively high box jumps which are of no advantage to the exerciser



Tips to Make the Most of your Box Jumps

Look at the launch: Squatting deeper doesn't make you jump higher; it slows you down. Start in a quarter squat or half squat instead to explode onto the box.

Never "stick" the landing: When jumping back down, never land with straight legs like a gymnast. Keep the landing soft, allowing the joints to flex slightly to absorb the impact.

Keep reps low: The goal of a box jump is to be explosive and to jump high. Keep box jumps to 8-12 reps with up to 60 seconds rest in between, giving it your all during each rep.

If you would like someone to check your form for a box jump, don't hesitate to ask a Health Fitness Specialist.

Is Personal Training Right for You?

Young or old. Sedentary or athletic. No matter how you describe yourself, you'll find you can benefit from the services of a personal trainer. Get one-on-one instruction that incorporates goal setting and health education into challenging training sessions specifically designed for you.



Benefits of a Personal Trainer:

- Safe, effective, and fun personalized workouts tailored specifically to your needs
- Motivation to achieve your short-term and long-term goals
- Assistance with various fitness assessments such as body composition, movement, and postural adjustments

Personal training is available to all fitness center members. For more information on packages and rates, call 243-9404 or stop by the front desk.

Dietitian Corner—Nutrient Needs to Optimize

Athletic Performance Through Diet

Have you ever struggled to get through a workout or perform your best during an athletic event? Your diet may be to blame. With an increase in energy expenditure comes a subsequent need for an increase in the intake of carbohydrate, protein, and fat. The recommended amount of these nutrients depends on a variety of factors including gender, age, body weight, eating/lifestyle, type of sport and training. Check out the table below to determine what your specific needs are.



Daily Needs for Athletes

	Strength & Power	Endurance	Ultra-Endurance/ High-Intensity
Carbohydrate	6-7 grams/kg body weight	7-10 grams/kg body weight	10-12 grams/kg body weight
Protein	1.5-1.8 grams/kg body weight	1.1-1.4 grams/kg body weight	1.4-1.7 grams/kg body weight
Fat	20-30% overall calories/day	20-30% overall calories/day	20-30% overall calories/day

Just as what or how much you eat is important, when you eat is equally as important to optimize performance. Here are the top tips to time your nutrient intake:

1. Timing your meal and exercise:

- Allow 3-4 hours to digest a large meal
- Allow 2-3 hours to digest a smaller meal
- Allow 1-2 hours to digest smoothie/shake

3. During-workout fuel:

- For workouts >1 hour, consume 30-90 grams carbohydrate/hour (depending on activity)
- Avoid foods high in fat, fiber, and protein

2. Pre-workout fuel:

- Eat a carbohydrate-rich & low-moderate protein snack 30-60 minutes before workout
- Consume 30-60 grams carbs & 7 grams protein for endurance or 15 grams for resistance workouts

4. Post-workout fuel:

- Eat a snack within 30 minutes and a full, balanced meal within 2 hours of exercise
- Consume 4:1 ratio of carbohydrate to protein (example 80 grams carbs with 20 grams protein)

Do you have questions on how to optimize your performance? Hannah Griswold, MS, RDN, LDN, CDE is available to answer any of your questions & create a tailored nutrition plan. Call 853-8900 to schedule your free appointment.

Jet Power Swim Meet

The 3rd annual Jet Power Swim Meet will be held Thursday, May 30th from 3-5:30p at the GE Fitness Center pool. Cincinnati area blue badged employees and co-ops are eligible to compete. Fitness Center membership is not required (non-members are asked to complete the health history prescreening).

Events include: 4 person 200 yd. medley relay; 4 person 200 yd. free relay; 100 yd. IM; 100 yd. free; 100 yd. back; 100 yd. breast; 50 yd. free; 50 yd. butterfly, and the 1 mile event.

Register by May 20th at <http://surveys.ge.com/create/443105>

Questions? Contact Erica at 243-9404 or Erica.millender-stevens@ge.com

Hope to see you poolside!



Group Fitness Updates



With warmer temperatures come the opportunity to spend more time outdoors.

Wednesday afternoon Heart Cycles will be on recess May 29th-Sept. 4th.

Enjoy the fresh air and sunshine. We'll see you in the fall.

