

## Different Types of Body Fat: Visceral vs. Subcutaneous

Deposited underneath the skin, **subcutaneous fat** is fat you can see, touch, and pinch. Because it's visible and impacts body shape, this is the type of fat that typically motivates men and women to improve their body compositions.

**Visceral fat** is invisible to the eye and comfortably snugs itself between the abdominal organs. Visceral fat is recognized as a worse health threat than subcutaneous fat for several reasons:

- It is a strong predictor of metabolic obesity, which occurs when there is too much visceral fat, regardless of whether one is lean or obese. Metabolic obesity increases the risk for developing conditions like cardiovascular disease.
- Visceral fat used to be thought of as an inert (inactive) tissue. However, it turns out that it is a secretory (active) organ, capable of pumping out proteins just like your liver or pancreas does.
- Visceral fat produces proteins called cytokines, one of the immune system's "foot soldiers." Excess visceral fat pumps out much more of these cytokines than the body needs, triggering inflammation and putting unnecessary stress on healthy organs. While cytokines are normally helpful proteins, too much can potentially increase the risk of diabetes mellitus, hypertension and atherosclerosis – conditions that characterize metabolic syndrome.

### So how to determine your body fat percentage?

Common methods of exploring the levels of adiposity include body mass index (BMI), waist circumference, skinfold, and bioelectrical impedance analysis (BIA) to name a few. The *skinfold technique*, where percent body fat can be estimated by using calipers to measure skinfold thickness at various body sites, is fairly quick and can be accurate. However, if measurements are not taken correctly or an incorrect formula is applied, erroneous values can result. *Bioelectrical impedance analysis*, such as the hand held unit or InBody machine – both available at the fitness center – estimates body fat by measuring how easily currents move through the body. The principle behind this technique is that fat contains little water; most of the body's water is in the lean compartment. Therefore, when an electrical current encounters fat, there is more resistance. It must be noted that none of these methods can differentiate between the types of body fat.

Source: [www.acsm.org/public-information/articles/2016/10/0](http://www.acsm.org/public-information/articles/2016/10/0)



### Want to know your Body Fat%?

~ The InBody test is available at the fitness center the first full week of each month with no appointment needed, or by appointment with a Personal Health Advisor at the GE Family Wellness Center (853-8900).

## Attention Freestyle Swim Clinic Participants

### Class schedule

Beginner 1: Tuesday April 4, 10-10:30a and Wednesday April 5, 1:30-2p.

Beginner 2: Tuesday April 4, 10:30-11a and Thursday April 13, 5-5:30p.

Intermediate: Tuesday April 4, 11-11:30a and Wednesday April 5, 1-1:30p.

Advanced: Thursday April 6, 6-6:30a and Thursday April 13, 5:30-6p.

Flip Turns: Friday April 14, 11-11:45a.

Questions: Contact Erica, 243-9404 or [erica.millender-stevens@ge.com](mailto:erica.millender-stevens@ge.com)





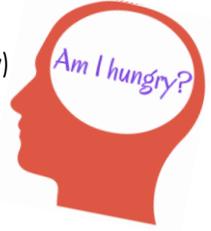
## Emotional Eating

Emotions such as anger, stress, boredom, anxiety all play into how we eat, and often cause us to treat food as a bandage or a reward. How is it different than physical hunger? Emotional hunger comes on suddenly, often causes cravings for specific comfort foods, leads to mindless eating, isn't satisfied once you are full, and can often lead to feeling regret, shame, or guilt.

There are two steps to stop emotional eating:

**1. Keep a food and mood diary for a few days to help you identify negative patterns and their triggers.**

- Create a chart with 3 columns that includes:
  - Antecedents-the situations or emotions that trigger eating (ex. home alone Saturday night; felt lonely)
  - Behavior-what you ate and how much (ex. ate ½ bag of cookies and ½ bag of chips)
  - Consequences-food improved my mood initially, but then I felt guilty



**2. Learn how to cope without food.**

- Create an activity jar with different productive non-food related tasks written on scraps of paper. Place them in the jar so next the time you experience emotional hunger, you reach into the jar and chose an activity that makes you feel good about yourself. This will help you retrain your brain and switch a negative habit into a positive one.
- Develop an emotional eating action plan. Write your plan on an index card and carry it with you for reference.
- Examples of tasks/plan:
  - Depressed/lonely: call a friend or family member, play with a pet, look at a favorite photo, log onto an internet chat group (Facebook, etc.), write a letter to someone, or visit the fitness center.
  - Anxious: dance to your favorite song, take a brisk walk, or go to the gym.
  - Exhausted: take a bath, drink a hot cup of tea, or curl up in a warm blanket.
  - Bored: read a book, explore the outdoors, or engage in a favorite hobby (ex. scrapbooking, playing guitar, etc.)
  - Stressed: try deep breathing, talk it out with someone you trust, take a walk outside, or put thoughts into a journal.

## Health Screenings and Blood Drive

GE Aviation employees and spouses can register today for a free health screening **April 4, 5 & 6** in the Building 800 auditorium. Participants will get screened for cholesterol, blood pressure and blood sugar, and also meet one-on-one with a health professional to discuss their results. To reserve your time slot, visit: [www.hsscreeningreg.com](http://www.hsscreeningreg.com) (login: aviation password: evendale)

Screening Location	Date	Time
Evendale 800 Auditorium	April 4, 5, 6	5:30a -10:30a (2:30p-5:30p April 5th only)
North Pointe 1 Global & Command C/R	April 11, 12, 13	6a-10a
Erlanger	April 18	5a-8a, 1p-4p
ACSC- CPL	April 19	5a-9a, 1p-4p
ACSC-Symmes	April 20	5a-8a, 1p-4p
Princeton Hill	April 26	7a-11a



Just one pint of donated blood can help save as many as 3 people's lives. Donate today! Hoxworth blood drive Wednesday April 19th, 10:00a.m.—4:00p.m. , held in the Building 800 auditorium. Register at: [Hoxworth.org/groups/ge](http://Hoxworth.org/groups/ge)