



## Reasons to Get a Fitness Tracker

A fitness tracker is a great tool to help you get serious about keeping active. Designed to be comfortable, easy to use, and fashionable, most companies offer a range of trackers. Here are some of the biggest reasons to purchase a fitness tracker.

### #1 Be Aware Of Your Activity

If your daily routine only involves home to work and your work entails that you sit at your desk for eight hours, you are already living a sedentary lifestyle. An active lifestyle involves reaching 10,000 steps a day. Using an activity monitor, even a simple pedometer, or

step counter will tell you the number of steps you take each day and help you determine if you need to maintain your routine or become more active.

### #2 Motivation

Your fitness tracker allows you to share your goals and progress with your friends on social media or create a private workout group with competitive goals to keep you motivated. If you see your friends' progress, this could encourage you to move more or this feature might serve as a good channel for you to find your workout buddy. They provide encouragement that ranges from a virtual coach who delivers voiced approval to game-like scoring systems that reward you for progress and prompt you to share your accomplishments with friends.

### #3 Monitor Your Diet

Fitness trackers don't just monitor your activities and the sweat you produced. It actually goes beyond that. Aside from monitoring your activity and sleep, it also helps you work on your diet by allowing you to log every food you intake. This feature helps you to be more aware of whatever you consume and the calories associated with it.

### #4 Tracks Your Sleeping Pattern

Your quality of sleep affects your metabolism, cravings, energy, and mood. Many fitness trackers monitor the length and quality of your sleep. Specifically how many hours you've slept, how many times you woke up, and how many hours of deep sleep you got.

The most difficult part is finding one that will support you in reaching your own individual fitness goals. Having a tracker provides you with a tangible and visible reminder of your commitment to physical activity. Keep in mind they are all designed with one primary purpose: to help you become the healthier, fitter version of yourself that you want to be.

## Seeking Self-Care as Your Student Shines at School

As the sun starts to fade and the nights spent around the fire making s'mores become fewer, sometimes we can find comfort in the structure that comes with the end of summer. Too often, though, back-to-school and extracurricular activities take precedence over seeking personal health on a day-to-day basis.

With back-to-school comes the opportunity to squeeze in a workout before your child's soccer practice is over.

Take time to schedule your annual physical, or finally plan family dinners, without the chance of a spontaneous neighborhood barbecue derailing those plans!

The GE Fitness Center and Family Wellness Center are here to help you find success in your own goals while your kids are working hard to achieve theirs. If you would like some guidance as you begin to prioritize your own self-care, our Personal Health Advisors are here to help. A consultation only takes about 20 minutes and our coaches will help you set real-life goals so you can see positive results. We're here to help you reach your goals! Plus, it is a no cost service, which means you can treat yourself to an iced coffee on your way back to the office. To schedule an appointment call the GE Family Wellness Center at 513-853-8900.



# Dietitian Corner-August 4th-10th is National Farmers Market Week

There are so many benefits to shopping at Farmers Markets. While you may not always get Walmart prices, you are often getting better tasting ingredients and are able to support local farmers and preserve farmland.

**Here are 7 reasons to shop at a Farmers Market:**

- 1. Freshly picked, in season produce is at its peak in flavor and nutrition.** Check out the link to learn what fruits and vegetables are in season: <https://snaped.fns.usda.gov/seasonal-produce-guide>.
- 2. Support your local farmers and economy.** You can help new and smaller farmers be successful and save farmland in your area.
- 3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.** Check out 5 fabulous recipes using your fresh finds at <https://snaped.fns.usda.gov/sites/default/files/documents/EnglishFarmersMarketMenu.pdf>.
- 4. It's a great way to get your kids involved.** Let them pick out something new to try; then they can help prepare a meal or snack using these tips and recipes at <https://www.nutrition.gov/audience/children/kids-kitchen>.
- 5. Supporting your local farmers market strengthens your community.** Meet your local farmers, learn about foods grown in your area and catch up with friends & neighbors while stocking up on local goods. People who shop at farmers markets have 15-20 social interactions per visit compared to only 1-2 per visit at the grocery store.
- 6. You can try a new fruit or vegetable!** Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.
- 7. Farmers markets are easy to find.** To find farmers markets near you visit <http://www.localharvest.org/>.



Source: <https://www.nutrition.gov/shopping-cooking-and-food-safety/farmers-markets>

## Member Spotlight—Brianna Heyne



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

Like many people, I made a New Year's resolution to be healthier in 2019. I was determined and decided on 1/1 that I would join the gym

as well as give up soda and caffeine. I figured those two things were as good a start as any. Since January, I've given up or changed one thing about my diet or exercise each month. One month I gave up fried food, another was closing my Apple Watch rings every single day for the whole month. I tried to find "easy" goals that weren't terribly hard to do, but combined would make an impact.

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

I signed up for the gym onsite here in Evendale, starting on the treadmill. I have a love/hate relationship with running, but it's one of those exercises that you don't need someone to teach you how to do, so that's where I started. As I was leaving that first day at the gym, I took a group fitness schedule. I decided to start attending spinning and Tabata. Since the end of January, I've consistently gone to the gym twice a week attending those two classes as well as running.

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

I feel great so far! I'm down about 6 pounds, 5% body fat, and feel much stronger. I can actually do pushups now! In terms of goals, I didn't have a specific number goal in mind. I just wanted to be a healthier version of me.

**What advice do you have for others who may be hesitant to start seeking a healthier lifestyle?**

Trying to change your life and habits can feel scary and intimidating, but it doesn't have to be. Small changes can make a huge impact, you just have to show up and make them a priority. I have it blocked out on my calendar so that I have no excuses for not going. As a new fitness center member take advantage of the complimentary personal training services. Meet with a trainer for a personalized exercise program that will help you reach your goals. With all the support available, why wouldn't you take advantage!