

EXERCISE AND ALCOHOL DON'T MIX

As the holiday season rolls in we do more celebrating and more sipping on alcoholic beverages too. Don't let all your hard work and dedication at the gym this past year go to waste. Inform yourself and understand the effect alcohol can have on your exercise performance.



Dehydration and Delayed Reactions

Being hydrated is important during exercise to maintain blood flow through the body. Flow of blood through the body is essential for carrying oxygen and nutrients to

your muscles. Since alcohol dehydrates you, this paired with a sweaty workout can make dehydration worse.

Depending on the individual and his or her body's ability to metabolize alcohol, a delay in nerve signals that pass messages through the body can occur. Reaction times, coordination, accuracy, and balance can be slower than normal leading to greater chance of injury.

Disruption of Energy Production

Alcohol disrupts the way your body produces energy. Alcohol is broken down in the liver. Other functions of the liver include glucose production for energy. When alcohol is consumed, your liver is working overtime. The liver is expelling alcohol but not producing as much glucose to keep up the pace of your exercise session. Your liver is also slower to clear out lactic acid since it's also ridding itself of the toxins from the alcohol. This increases the chance of muscle cramps too.

Alcohol Consumption After Exercise and its Effect on Muscular Growth

Research shows that drinking after resistance exercise may hamper desired muscular adaptations by reducing anabolic signaling. Our bodies use anabolic signaling to communicate to our muscles that they need to grow. The needed growth hormones for muscular hypertrophy are released during sleep. Unfortunately, alcohol tends to disrupt our sleep patterns and can lead to slower muscle gains in the long term.

Altered Heart Rate and Increased Stress on the Heart

A change in heart rate is possible depending upon a person's efficiency in metabolizing alcohol and that individual's heart health. Since physical activity increases your heart rate, the addition of alcohol in your system puts the heart under more stress. There is an increased risk for irregular heart rhythms that can last up to two days after heavy alcohol consumption.

Reap the rewards of exercise and ensure your holiday festivities are sensible yet enjoyable. Take time to reflect on the reasons we celebrate this time of year.



GEFC HOLIDAY HOURS

-Christmas Eve & Christmas Day – Closed

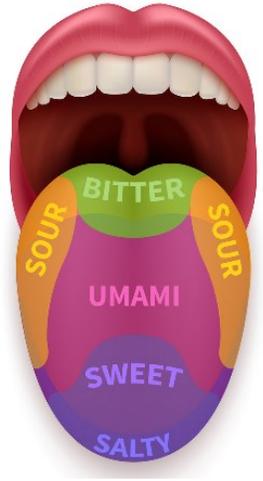
-New Year's Eve – 8a.m.- 4p.m.

-New Year's Day—Closed

-No group fitness classes

December 19th—January 1st

DIETITIAN CORNER - HEALTHY EATING PROMOTED WITH UMAMI



Umami is one of the five basic tastes, along with sweet, sour, salty and bitter. Umami is a pleasant savory taste and is provided through the amino acid glutamate in foods. Large quantities are found in protein rich dairy, fish and turkey. Researchers studied how consuming an umami enriched broth would affect eating habits.

Participants in the study ate a buffet style meal while wearing glasses that tracked their eye movements, and they also completed a brain scan that measured activity during food selection. After consuming the umami broth, participants performed better on tests. They had a more focused gaze during the meal and increased activity in the area of the brain responsible for self-regulation which is key in food choice decision making. So, go ahead and eat some broth before consuming large meals over the holidays!

www.nature.com/articles/s41386-018-0044-6.epdf?no_publisher_access=1&r3_referer=nature

FITNESS INCENTIVE PROGRAM

BIKE YOUR WAY TO CLEARWATER



- From January 2nd to March 2nd bike your way to Florida from the GE Fitness Center.
- Track your miles by using any of the bikes in the fitness center. Spinning class can be included in your mileage.
- Complete the challenge for a chance to win a prize.
- Sign-up at the front desk December 3rd-29th.

DRUMMING CIRCLE

Joining a drumming circle is beneficial to your mental well being by helping to reduce stress and anxiety.

Join in December 14th 12–12:30 p.m. for a GE employee led drum circle at the GE Evendale Fitness Center.

No experience necessary to participate



HOLIDAY HUSTLE TAKING AWAY YOUR MUSCLE?

TAKE ONE OF THESE FITNESS CLASSES

Even though there aren't any group fitness classes Wednesday, December 19th through Tuesday, January 1st, you can still join in and try something new. Try one of the water walking clinics or the aqua Pilates class being offered.



Water Walking Clinic

Thursday, 12/20 & 12/27 @10 a.m.

Sign up at the front desk

Holiday Aqua Pilates

Thursday, 12/27 @ 11:15 a.m.



MEET AT THE BARRE—BARRE DEMO CLASS



Sculpt and strengthen the abs, glutes, and back using isometric exercises and body weight.

Monday, 1/7 5:45–6:30 a.m.

Monday, 1/14 11–11:45 a.m.