

GE Fitness Center

Managed by  TriHealth

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<https://blogs.aviation.ge.com/aviationhealthandwellness>

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Why Your Cell Phone Could Be Killing Your Workout



If you can text or talk on the phone during any part of your workout, you aren't working hard enough. Exercise requires a mind/body connection (yes, even the time you spend on the treadmill) and your cell phone seriously disrupts the communication signals between your mind and your body. When it comes to exercise, smartphones can be used for good; there are plenty of great fitness apps out there. But a new study shows that talking or texting on your cell phone may cause trouble during exercise.

In two studies, it was found that talking or texting on a cell phone during a workout lowers the intensity of an exercise session. More importantly, the study team noted that cell phone use affects balance, which can increase the risk of injuries. "If you're talking or texting on your cell phone while you're putting in your daily steps, your attention is divided by the two tasks and that can disrupt your postural stability, and therefore, possibly predispose individuals to other greater inherent risks such as falls and musculoskeletal injuries," said study author Michael Rebold, assistant professor of Integrative Exercise Science at Hiram College in Ohio. Specifically, texting on a cell phone reduced postural stability by 45%. Even talking on a cell phone reduced postural stability by 19%.

But if you want to pump up your workout with some tunes, go right ahead! Listening to music on a cell phone had no significant effect on postural stability during a workout, according to the study of 45 college students.

The studies about the effects of cell phone use during workouts were published in the journals *Computers in Human Behavior* and *Performance Enhancement & Health*.

Why Should I Get a Tdap Shot?

The Tdap shot protects people from 3 different infections: tetanus, diphtheria and pertussis. While tetanus and diphtheria are rare, we lose our immunity to the pertussis shot over about 7 years, and need boosters to help protect us and our loved ones.

Pertussis is also called whooping cough and it kills people each year in the United States and worldwide. Most heartbreakingly, half of these were infants under one year old who are not fully protected until that age. Children in the US die each year from this disease.

Most small children who develop whooping cough get it from their siblings and other family members, and the infection is highly contagious. This is why it is so important to get the vaccination. You not only protect yourself, but also your children and grandchildren and those of your co-workers, from getting this severe infection.

Also important is the fact that there are two different tetanus shots. One is Td – tetanus and diphtheria – only, and the other is the Tdap. If you had a tetanus shot in the ER years ago, chances are good that it didn't include the pertussis component.

Tdap is not a live vaccine, and it is impossible to get the disease from the shot. Side effects include those common to any injection, including soreness at the site. The old whooping cough vaccine we got as kids, which was very effective, is now gone. There are fewer side effects, but the shot does not maintain immunity as long as the old ones. 90% of the people in this country have not had the new vaccine, leaving them and their loved ones at risk to getting the disease. Most pediatricians recommend anyone coming in contact with a baby get the shot two weeks before the first visit.

Stop into your GE Family Wellness Center pharmacy to receive your Tdap vaccine, no appointment necessary. For more information or questions call us at 513-853-8999.



Dietician Corner
Hannah Griswold,
MS, RDN, LDN

Mindful Eating

Consider why you eat. Ask yourself before you eat, am I eating this to provide my body with nourishing energy? If the answer is no, then you may want to take a step back and reflect on what you really need. Food is meant to nourish our bodies, not mask our stressors, or help us cope with our emotions, or relieve boredom.

I invite you to try eating mindfully at least once a day. Maybe start on a Saturday morning when you can actually sit and enjoy breakfast. Notice the food in front of you.

Really take in the colors, shape, texture, smell, and taste of the food. Be with your food, and be in the experience of eating it. **A consistent practice of mindful eating will naturally allow you to eat less, and actually be more satisfied.**

Another benefit of eating mindfully is improved digestion. Before you eat, notice how your body feels. Are you stressed? Is your mind racing? Are you in a bad mood? **There have been scientific studies showing our thoughts and emotions can affect the chemical composition of our food and our body's ability to properly digest, absorb, and utilize the nutrients we consume.** Consider taking a few deep breaths before you eat to help your body maximize the amount of nutrients you receive from the foods. You aren't what you eat – you're what you absorb.

If you want to learn more tips, call 853-8900 to schedule your free consultation with Hannah Griswold, MS, RDN, LDN.

Heart Cycles Spin Class

February Special Spin Class

Heart Cycles

Wednesdays, 4:15-5 pm

- Designed to work you into your target heart zone
- Timed cycles, so you can reach a higher calorie burn
- NEW TIME** per popular request!



American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. We can use this month to raise awareness about heart disease and things that you can do to help prevent it. Staying active is one of the most important things you can do to help curb obesity, lower your chances of heart disease and maintain an overall healthy lifestyle.

To improve your cardiovascular health, the American Heart Association recommends at least 150 minutes of moderate exercise a week (target heart rate should be 50 to 70% of your maximum heart rate) or 75 minutes of vigorous exercise a week (70 to 85% of your maximum heart rate), or a combination of moderate and vigorous activity. An easy way to remember this is 30 minutes of activity a day, 5 days a week

Your maximum rate is based on your age. An estimate of your maximum age-related heart rate can be obtained by subtracting your age from 220.
 $220 - \text{Your Age} = \text{Estimate of Max HR}$

Heart disease can often be prevented just by making healthy choices daily. Each one of those healthy choices becomes the building blocks to a healthy lifestyle.

Source:
healthfinder.gov/NHO/PDFs/FebruaryNHOToolkit.pdf
cdc.gov/physicalactivity/basics/measuring/hearttrate.htm

Holiday Punch Challenge was a Success

Thank you to everyone who participated in our annual Holiday Punch Challenge. **Of the 181 members who completed the incentive, 7 participants successfully maintained their pre-Thanksgiving weight, and 100 people actually lost an average of 3.13 pounds during the holidays!** Everyone who completed the challenge received a t-shirt, and those who maintained or lost were entered in a drawing for a free six-month membership, won by Stephen Scholtz.

Congratulations to Steve and to everyone who participated!

