

TRACK YOUR WORKOUT ON OUR NEW EQUIPMENT

Happy 2018! Member feedback has been very positive on the new cardio equipment that was received in late December. We hope you're enjoying new variety to your workouts that these upgraded options provide.

One new piece that members have been talking about is the Marpro Rope Trainer. This versatile machine allows the functionality of strength and cardio based fitness, and offers participants of all levels the opportunity to explore strength training in a new way. See the fitness specialist for a demo of this exciting new addition to the fitness center.

Do you track your workout on your wearables or on your smartphone? The TRUE Fitness treadmills and recumbent bikes, and LifeFitness Power Mills (steppers) allow you to track workouts while on the machine, and then sync this information to your mobile device. Once you've downloaded the app (TrueFitness and LFConnect in the app store) you can start tracking. Directions can be found on the screens, or our fitness specialists are happy to help you get started if you need any help.



Speaking of tracking technology, patients of the GE Family Wellness Center are able to download their glucose and blood pressure readings directly into their MyChart medical record. Only certain glucometers and blood pressure machines are compatible with this technology, but both are available for purchase in the GE Family Wellness Center Pharmacy. These include the One Touch Verio Flex glucometer and the Omron 10 Series Blood Pressure monitor. Patients must also have an Apple device.

This February, celebrate "Heart Health Awareness Month" by taking advantage of these resources. Call the pharmacy at 853-8999 for an appointment to get your device connected to the Apple Health Kit and MyChart. Your heart - and your Valentine - will thank you!

RECIPE FOR BETTER FITNESS: JUST ADD WATER

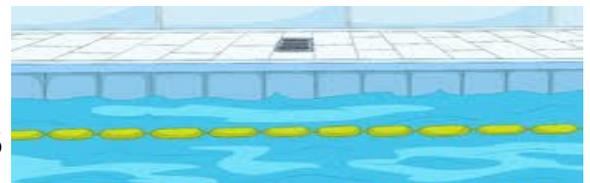


Aqua Pilates

Mondays 6-7a
February 5, 12, 19, & 26
Tuesdays 9-10a
February 6, 13, 20, & 27

- Light impact water class
- Designed to increase your flexibility, range of motion and strengthen your core muscles.

-Swimsuit and water shoes are recommended



Aqua Boot Camp

Thursdays 5:30-6:30p
February 1, 8, 15, & 22

- Intermediate to advanced water circuit training
- Usage of aqua equipment

-Please note all exercises can be modified

WAYS TO MAXIMIZE MUSCLE GROWTH WITH PROTEIN

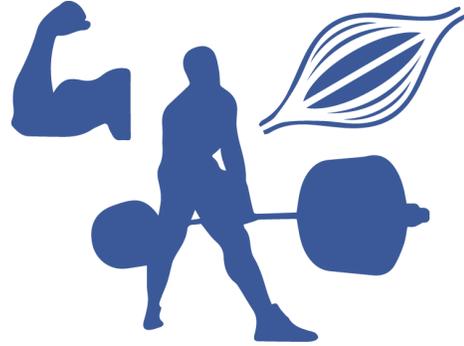
Every day we break down muscle protein and build it up again, a term called muscle turnover. This turnover means we are able to recondition the muscle and change our body composition. However, if there is no incentive for muscle to grow, it wastes away. So what can you do to regulate muscle growth? The simple answer is eat and move!

Consuming a meal with about 20 grams of protein increases muscle protein synthesis rates for several hours after ingestion, resulting in muscle protein growth. There are multiple factors that affect this muscle protein growth including the type, amount and timing of protein consumed, as well as food preparation.

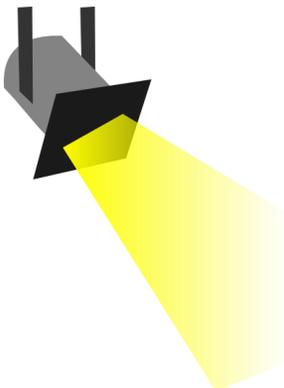
When we **engage in physical activity before a meal, we increase the amount of muscle protein growth** because we become more sensitive to amino acid building processes, which allow more protein ingested to be used for muscle protein synthesis. We are also able to sustain this level of growth over a longer period of time when compared to consuming a meal with no physical activity beforehand.

As we age, muscle loss is accelerated due to multiple factors, including becoming more anabolically resistant, meaning the same amount of food does not increase muscle growth. Increasing physical activity can help reserve anabolic resistance. **You can always increase muscle as long as you are living!**

In summary, ensuring you are consuming about 20 grams of protein after engaging in physical activity can help you maximize your muscle growth.



Interested in learning more about how you can maximize muscle growth through diet? Schedule a free consultation to meet with your registered dietitian, Hannah Griswold, MS, RDN, LDN by calling 513-853-8900.



MEMBER SPOTLIGHT— DENNIS STEELMAN

In mid-2017 my doctor retired and my new doctor ordered blood tests which showed I was slightly pre-diabetic. He informed me of a Wellness Center program utilizing the GE Fitness Center's "Exercise is Medicine" program that might help me eliminate my pre-diabetic condition. I had an initial meeting with dietician Hannah Griswold and fitness specialist Lyndsay Skinner to coordinate an exercise and diet regime. I was determined to avoid becoming diabetic. We established goals for losing weight and reducing my blood sugar, cholesterol and triglycerides and getting more exercise and sleep. In these meetings I felt that everyone really wanted to see me succeed.

I was impressed with the InBody body composition analysis machine that identified areas I needed to improve. The explanation of my readouts gave me hope that it would be possible to reach my goals.

Since most of us struggle with the area between our ears keeping us from achieving goals, I knew my "King of Queens after-work diet" was my biggest problem. By discussing this with Hannah and Lyndsay, I was held accountable to change this behavior. With a personalized exercise routine approved and monitored by Lyndsay and Ashley, getting more sleep, portion control and a lot more fruits and veggies, I have been able to lose over 20 lbs., and my latest blood work shows that I am almost out of the pre-diabetic state. I also feel much better.

I have worked at GE Evendale for over 30 years and have welcomed improvement in their commitment to a healthier work force from the building of the fitness center on the work site, to the Wellness Center and Pharmacy available on-site. I would say the caring staff (my team) make the workouts much more pleasant. The program I am in is a great example of what is available to us, and I would give the fitness center my highest recommendations.