

THE COLD FACTS ABOUT WINTER OUTDOOR EXERCISE

Winter has made itself known with frigid temperatures and plenty of snow. Now that it's February you may be feeling some cabin fever and want to take your next workout outside. Before heading outdoors, consider these implications of exercising in the cold.

Thermoregulatory System

Your body's first response is to preserve body temperature. This is done by peripheral vasoconstriction of the blood vessels which decreases blood flow to your extremities. When outdoors, 80% of energy generated in the muscles during exercise dissipates. Our thermoregulatory system seeks homeostasis to balance our body's temperature. When our body heats up during exercise, our body suppresses metabolic heat production trading one type of thermogenesis for another. Wear the right gear by dressing in layers and wearing moisture wicking fabrics to keep your skin dry.



Respiratory System

The dry and cold nature of the winter air paired with the heavy breathing force your lungs and airways to adapt. The airways of our lungs are lined with a thin layer of fluid, when we breath in that cold dry air, the fluid evaporates faster and our airways can become irritated and swollen. Symptoms such as shortness of breath, wheezing, and coughing can occur. The risk of exercise induced bronchial constriction/asthma is also higher. Focus on breathing through the nose and wear a running mask to cover your mouth to help warm the air your breathing.

Risk of Injury

When the body is cold, it reduces blood flow to the extremities in an effort to keep the core warm. Shivering causes on and off tensing of the muscles which decreases your connective tissue's ability to react to the demands of exercise increasing your chance of injuries. Be sure to spend ample time warming-up and taking warming breaks too.

Exercising in the cold requires some extra planning and responsibility. Follow the tips above, stay hydrated, exercise with a buddy, and review the weather forecast before setting out and you will have successful outdoor exercise session.

WHAT YOU NEED TO KNOW ABOUT ALZHEIMER'S DISEASE



An estimated 5.7 million Americans had Alzheimer's in 2018, including 220,000 in Ohio. By 2025, the national figure is expected to grow to 7.1 million people age 65 and older living with the disease.

HealthAhead in conjunction with the **Alzheimer's Association** presents challenges in care, prevention, & cure. Exclusively for GE employees, retirees, & extended adult family.

- GE Learning Centre, One Neumann Way
- Saturday, February 16th 8 am- 1 pm (breakfast & lunch included)
- Registration is strongly suggested as seating is limited.
- Register: <http://surveys.ge.com/create/434151>
- Questions: Nancy.Kolb@ge.com or Emily.Swisshelm@ge.com or call 243-9404

DIETITIAN CORNER—IS THE KETO DIET ALL IT'S CRACKED UP TO BE?



Even though the ketogenic diet was voted the worst diet of 2018 by the US News and World Report, it is no surprise that it was also voted the most googled diet with its increasing popularity. I get questions on a regular basis of my thoughts on the high fat, low carbohydrate diet, so I thought the best way to *really* learn about the diet was to experience it myself for 30 days.

Originally created to treat kids who have epilepsy, the keto diet (short for ketogenic) consists of a majority of your calories coming from fat (~70-75%), moderate protein (~15-20%) and very low carbohydrate (~5-10%). When we don't have carbohydrates to break down into glucose to use for energy (your body's main source of fuel), your body turns to fat for energy through a process called ketosis.

What I learned after following the ketogenic diet for 30 days:

1. *Fat does not make you fat.* I was consuming a lot more calories than I had before and still ended up losing a few pounds of fat (not just water weight).
2. *Keto is not a long-term eating plan.* You must be meticulous and track EVERY bite in MyFitnessPal to ensure you stay in ketosis. Definitely not something I want to do every day for the rest of my life.
3. *I never felt hungry, but I never felt full either.* You always hear that those following the keto diet are rarely hungry due to the satiating ability of fat; however, the portion sizes of my meals were small, so I never felt actually full.
4. *I had no fuel for my workouts.* I was training for a half-marathon during my keto experiment and found myself with little energy to run. It can take some people up to 4 weeks to finally become "fat-adapted" and burn fat for fuel, so I found myself without glucose or fat to fuel my workouts.
5. *It negatively affected my cholesterol levels.* My LDL cholesterol (the "bad" cholesterol) rose 50 points due to the increased amount of saturated fat I was consuming. There is research showing my cholesterol may have returned back to a normal level, but I didn't want to chance it. This is why I would never recommend anyone with high cholesterol levels attempt the keto diet.

The main take-away from my ketogenic diet experience is that in general, reducing carbs and incorporating more healthy fats, like nuts and avocados and certain oils is a good idea for most of us. My diet is now a "modified" version of the keto diet that is higher in healthy fat and fibrous carbohydrates.

The keto diet is a very restrictive and can lead to nutritional deficiencies or worsen health problems. Before attempting the ketogenic diet, or any other diet, please consult with your physician and a dietitian. Your Registered Dietitian, Hannah Griswold, is available to help you find the right diet for you. Just call 513-853-8900 to schedule an appointment.

Sources: <https://www.cnn.com/2018/01/04/health/keto-worst-diet-2018/index.html>

WARM UP THIS WINTER WITH A GROUP FITNESS CLASS

MEET AT THE BARRE DEMO CLASSES

Back by Popular Demand

Monday, 2/11—10:30am-11:30pm



Barre mixes elements of Pilates, dance, yoga and functional training. All fitness levels welcome.