

GE Fitness Center

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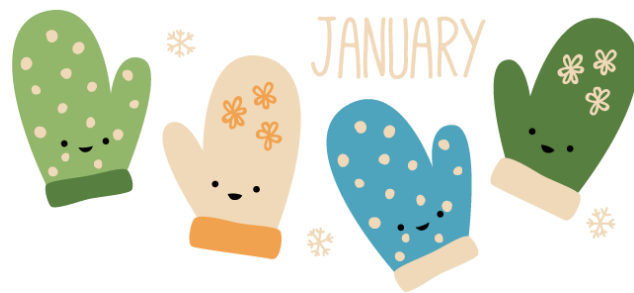
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<https://blogs.aviation.ge.com/aviationhealthandwellness>

January 2017



The EPOC Effect



What is EPOC? EPOC is short for “Excess Post-Exercise Oxygen Consumption” also known as oxygen debt or afterburn. EPOC is the amount of oxygen required to restore your body to its normal state after intense activity. The oxygen that your body consumes is used to help restore the primary energy source (ATP), repair muscle tissue that was caused by the workout as well as restore your body temperature to its regular level. These functions that are taking place to help the body restore itself to a normal state are also burning calories in the process!!!!

Types of training that yield the best EPOC results

- Exercise that consumes more oxygen burns more calories. The thing to focus on most when trying to get great EPOC effects is exercise intensity. The intensity of your workouts determines the amount of oxygen and energy required to restore the body back to its normal state. The higher the intensity of the workout, the greater the EPOC and calorie burn will be in the recovery period.
- H.I.I.T Training- High-intensity interval training (H.I.I.T) is any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest.
- Superset Resistance Training- Superset resistance training is a training style that utilizes rest intervals. In a superset, that rest interval is used to perform another exercise instead of resting after a resistance training set. In resistance training, that alternate exercise is typically targeting a different set of muscles that the initial exercise targets.

If you have fitness goals of weight loss or improving body composition, these types of training methods, when done correctly along with a proper meal plan, will help you see the results that you desire.

References: Bersheim, E. and Bahr, R. (2003). Effect of exercise intensity, duration and mode on post-exercise oxygen consumption. Sports Medicine, 33, 14, 1037-1060

LaForgia, J., Withers, R. and Gore, C. (2006). Effects of exercise intensity and duration on the excess post-exercise oxygen consumption. Journal of Sport Sciences, 24, 12, 1247-1264.

Transfer and Earn Prescription Program



Through **January 2017**, take advantage of the Transfer & Earn Program at the GE Family Wellness Center Pharmacy

- Transfer & fill 1 to 3 prescriptions to earn \$25 through Rewards & Recognition
- Transfer & fill 4 or more prescriptions to earn \$50 through Rewards & Recognition
- GE Aviation employees, spouses, and dependents are eligible



To transfer your prescription to the GE Family Wellness Center Pharmacy and receive earnings:

Step 1: Call the pharmacy at 513-853-8999

Step 2: Tell the pharmacy the names of the medications you need transferred and the name of the pharmacy where they are currently being filled

Step 3: Pick up your medications

Step 4: When you pick up your prescription, the pharmacy will collect your SSO and your earnings will come through the Rewards and Recognition program within 3-4 weeks.



Dietician Corner
Hannah Griswold,
MS, RDN, LDN

New Year, New You!

3-2-1...Happy New You! What better time to focus on your health goals than at the start of a new year. If you're like most people, the past few months may have caused you to loosen your belt a notch or two. Setting goals will help you get back on track and having you feeling and being your best. Here are a few tips to help you achieve those New Year's resolutions:



- Start off small – Whether it is replacing your lunchtime soda with water, or paying more attention to nutrition labels, making one change at a time and focusing on that change is a good way to start. Once you have established new good habits, you can put a few more goals on your plate.
- Make your goals specific – “Eating healthier” can be too broad a goal and may quickly fall by the wayside. A specific goal has a greater chance of being accomplished compared to a general goal.
- Don't deprive yourself – Drastically changing your eating habits will set you up to feel deprived, hungry, and cranky. Focusing on correct portion sizes can help you feel satisfied without breaking your calorie bank.
- Stay accountable – Share your goals with someone. Whether it's a family member, friend, personal trainer, or dietitian, having someone to discuss your goals with can help you stay on track and give you the support you need to get you through any rough patches.
- Be patient and kind to yourself – Making lasting health resolutions take time, so make sure your time frame for each goal is realistic and achievable. Also, recognize that you are human and no one is perfect. Every day is a new chance to get back on track to making your goals a reality.

Don't forget our Wellness Team, here at GE Fitness Center and GE Family Wellness Center, is happy to help you set, keep, and reach your goal!

Make Your New Year's Resolutions a Success

Did you remember to include “**Meet with a fitness professional**” in your New Year's resolutions? Here are the top 5 reasons why you should:

- 1) You're in a workout rut
- 2) You're struggling to reach your goals
- 3) You've reached a plateau
- 4) You want to learn exercise form and technique
- 5) You need a kick start because you're new to exercise or haven't worked out for a while



We offer our members a *free* one-hour exercise consultation and one-hour follow-up with one of our team of degreed fitness specialists, most of whom hold additional nationally recognized professional certifications.

Consultations may include a general fitness assessment to have a baseline measurement of your cardiovascular endurance, muscular strength, flexibility or body composition. We can also help you set your goals, design a personalized exercise plan, or even make recommendations to your current exercise routine. A long-time member recently shared that he is enjoying his workouts more and is seeing better results since a specialist recommended some tweaks and adjustments to his current program.

Whether you're a new member or you've been working out with us for 30 years, we encourage you to take advantage of this unique service. Stop by the front desk today to schedule your appointment.