

Just in time for the new year, the fitness center recently took delivery of 30 new pieces of cardio equipment. Some pieces are upgraded replacements of existing equipment, such as the treadmills, ellipticals, and powermills, and some are brand new to the fitness center, like the Octane lateral trainers, zero runners and Marpro rope trainers. Here's a list of new equipment and their features:

True 650 Treadmills (9)

- New fitness courses
- Lowered height - easier to reach walking/running platform
- Joystick running and elevation controls
- Built in fans
- Internet connectivity

Octane Zero Runners (2)

- No/Low impact running machine
- Mimics actual running motion
- Great for runners with imbalances
- See and/or correct your running pathway



True Recumbent Bikes (2)

- Bluetooth technology
- Step-through design
- Reclining seat back

LifeFitness Powermills (2)

- Shorter step-up height
- 16" touchscreen tablet console
- Internet connectivity

NEW YEAR, NEW EQUIPMENT!

Marpro Rope Trainers (2)

- Delivers an exceptional strength and cardio conditioning workout

Octane Lateral Trainer (2)

- One of the best lateral trainers on the market
- Light lateral impact to knee and hip joints
- Great to focus on the hips, thighs, buttocks
- Really feel the burn in a crouched position



Octane X-Ride (2) and XT 4700 upright elliptical (4)

- Upgraded displays
- Fans
- Upper and lower body targeting programs

Total Body Arc Trainers (4)

- Designed for less knee strain
- Muscle map-see the muscles in use based on positioning
- Biomechanically correct pathway
- 5 higher intensity training programs

ICG 5 Group Cycle Bikes (3)

- Power (watt) meter
- 155mm Q Factor with road bike pedal feel
- Magnetic braking system

Fitness specialists are readily available on the floor to help orient you to the new equipment or to make recommendations on how to incorporate the new pieces into your fitness routine. Let us help you achieve the results you want!

SIGN UP FOR AN EXERCISE CONSULT

Long-time fitness center member Matt Leisring recently tried our new InBody 270 body composition analyzer. Fitness specialist, Brandon Schleibaum recommended some small changes to Matt's workout regimen to help improve some of the biometrics. Brandon said, "Matt already had a sound workout plan. We just tweaked his technique, positioning, and range of motion to make sure he was engaging the correct muscles." Matt reports that he's already seeing positive results!

Exercise consults are available to all members free of cost. Our specialists can help you set realistic goals, tailor a workout to fit your needs, or as with Matt, make sure you're getting the most from your current routine. Just stop by the front desk or call 243-9404 to schedule a fitness consult.

MAKING YOUR NEW YEAR'S RESOLUTIONS STICK

Does this sound familiar? You start the New Year with an enormous amount of drive to achieve your New Year's resolutions, but once February comes around you realize your motivation has dwindled and you aren't close to meeting the goals you set. It happens to all of us. Sometimes even the best intentions aren't enough to help us achieve our goals. Here are some simple tips to help you maintain your motivation long after the New Year and put your intentions into action to help you achieve your goals.

Break down your goals into small, manageable goals. Setting unrealistic goals can overwhelm you and set you up for failure. Break your goals into small steps you can implement daily.

Create cues & timely reminders to trigger behavior. Trying to increase your water intake? Consider purchasing a water bottle with a timer that signals you to drink throughout the day. Trying to go to the gym more? Schedule time for your workouts on your calendar and place a gym bag in your car to remind you to stop by after work.

Arrange your environment for success. You may need to change environments or reduce temptations. Can't stop snacking? Get the junk food out of your pantry and refrigerator and replace them with healthier options like fruits, vegetables, and nuts.

Brainstorm potential barriers. Research shows that people who had developed coping strategies to deal with problems that arise were more successful in keeping their resolutions.

Ask for support. Your Registered Dietitian, Hannah Griswold, is available to help you achieve your health-related goals. Just call 513-853-8900 to schedule a free appointment.



MEMBER SPOTLIGHT— NILES DAVIS



Niles Davis joined the fitness center about six months ago, although his journey really started about a year earlier when he decided to act on an email about the GE Family Wellness Center's Personal Health Advisor (PHA) program. At first, Niles was unsure about what his goals were, but this journey quickly morphed into a goal of becoming the best "me" possible. Niles made an appointment with PHA Kristen Bertke, who helped Niles set specific goals, including changes to his nutrition and exercise habits, and improved agility and flexibility.

Kristen referred Niles to physical therapist, Jessica Iams. After some PT sessions, Jessica transitioned Niles to the fitness center, where fitness specialist, Lyndsay Skinner designed a personalized exercise regimen for him. Next, registered dietitian, Hannah Griswold, helped Niles identify some workable changes to his food choices. And all along the way, the entire care team has been available to provide ongoing support to help Niles achieve his goals.

Through his journey he has seen changes that allow him to perform activities he once thought would never be possible. Niles has lost weight, gained strength, and has more endurance. He has also embraced yoga for flexibility and as a powerful adjunct to help him stay focused on his goals.

Niles' advice for others is to take this change as a lifelong change, not temporary, not a crash diet, or a few times in the gym. You have to take ownership of your success! Change your mindset to change your habits for the long term. Niles also suggests that you keep records of your progress with before/after pictures and logs of exercises and setbacks. These will allow you to see the progress on paper.

Congratulations, Niles! We can't wait to see where else your journey leads.