

NEW YEAR, NEW WAYS TO STAY IN SHAPE

Ring in the new year by trying one of our new pieces of exercise equipment. Whether you're just getting started back in the gym or wanting to make a change to your current exercise program, these new machines can help you do that. Or maybe you're looking for new ways to amp up your next HIIT (high intensity interval training) workout, these pieces fit the bill.

**Octane Fitness Max Trainer**

The Max Trainer is ideal for HIIT and circuit workouts because you can get on and go with easy adjustments for resistance change. The max trainer includes a 14-minute Max Interval workout that combines 25 second all-out sprint intervals with 80 second recovery intervals for eight rounds of major sweat.



**AirDyneX**

On this bike the user is the motor; therefore, the user determines the intensity level and amount of resistance. This bike is perfect for interval training with its 20/10 and 30/90 interval settings.

**Half Rack**

The half rack comes with bands members can use for bench press and squats, as well as an attachment to do landmine exercises. Members can use the bands to improve their ability to move weight at a faster speed or at a constant resistance to improve their overall power during squat and bench press exercises. The landmine is a great way to get a full body workout with the countless exercises the user can perform.

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!



**DRUMMING CIRCLE**



Joining a drumming circle is beneficial to your mental well-being by helping to reduce stress and anxiety.

Join in January 25th 12—12:30 p.m. for a GE employee led drum circle at the GE Evendale Fitness Center.

No experience necessary to participate, instruments provided.

# STAY ACTIVE WITH AN ACTIVE RECOVERY WORKOUT

Welcome to 2019! A new year and a clean slate to start some healthy habits. One of those healthy habits may be exercising more. Often more exercise is also accompanied by more aches and pains. If you're so sore it hurts to walk, stand up, or even cough, you still need to make an effort to get up and move. An active recovery day is just what you need to keep you moving towards your goals.

An active recovery workout should be low impact and something you do on a regular basis that doesn't cause too much fatigue. The goal of an active recovery day is to increase blood flow to the body and help restore proper movement patterns and muscle function. Increased circulation aids in getting nutrients (such as amino acids and oxygen) to your muscles for repair. It also flushes out hydrogen ions and lactic acid that build up during exercise which contribute to muscle damage and fatigue.



## Active Recovery Day Checklist

- Perform low impact cardiovascular exercise that elevates your heart rate and breaks a sweat. Low impact steady state cardio that keeps your heart rate between 120-140 beats per minute has been shown to increase blood flow, alleviate soreness, and reset your central nervous system.
- Address problematic areas such as mobility in the upper back, ankle, hips, core and glutes through stretching.

## Activities to Help Combat Muscle Soreness and Stiffness

- Light steady-state walking, biking, or elliptical training** at a level where you're breathing heavily, but can still hold a short conversation. Try one of our new upright or recumbent bikes on the fitness floor.
- Swimming or water walking** which relaxes your joints and allows you to stretch more deeply than you could on land. Water pressure also helps improve circulation in the muscles.
- Self-myofascial release** that massages the connective tissues surrounding the muscles and bones. Foam rollers, tennis balls, and massage sticks are all good tools to address those hard to reach muscles. Self-myofascial release helps in increasing range of motion and reducing delayed-onset muscle soreness. Foam rollers are located near many of the stretch mats which sit in the multiple corners of the fitness floor.
- Yoga** not only increases flexibility, but also teaches proper breathing techniques and body control while promoting blood flow to help repair broken-down muscle tissues. Yoga is offered Thursday evenings and Saturday mornings. See the group fitness schedule for the details.

Moving about loosening up the muscles and joints after a heavy exercise day is one of the smartest things you can do. It's a great habit to start that will help you reach your long term fitness goals.

## BIKE YOUR WAY TO CLEARWATER, FL.

- From January 2nd to March 2nd bike your way to Florida from the GE Fitness Center.

- Track your miles by using any of the bikes in the fitness center. Spinning class can be included in your mileage.

- Complete the challenge for a chance to win a prize.
- Sign-up at the front desk now through January 31st.



## MEET AT THE BARRE DEMO CLASS



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

Monday, 1/7 5:45—6:30 a.m.

Monday, 1/14 11—11:45 a.m.