

GE Fitness Center

Managed by  TriHealth

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July

Zumba, Effective and Fun!



You've heard it before: "Zumba: Ditch the Workout-Join the Party." For those who are unfamiliar, Zumba is a Latin dance-inspired workout that uses music and choreographed steps to form a fitness party atmosphere. Maybe you've even considered trying a class but you're feeling apprehensive, or you wonder how dancing can be an effective workout.

A study funded by the American Council on Exercise (ACE) shows that Zumba is not only fun, but also an effective workout. The study

was conducted at the University of Wisconsin and University of Chester in the United Kingdom. It tested heart rate and oxygen consumption of 19 healthy females ages 18 to 22 before and after a Zumba class. During this study, the average HR was 154 beats per minute, which is roughly 80% of the average predicted HRmax for these test subjects. Fitness industry guidelines recommend a range anywhere from 64 to 94% of HRmax to improve cardiovascular endurance. So with this being said, Zumba meets the requirements for an effective cardiovascular endurance program.

Zumba can be compared to other high intensity interval training (HIIT) programs where the heart rates of participants rose and fell during several points in a single class. This means you'll burn a lot of extra calories compared to a steady state exercise program. Zumba is also considered a total-body exercise. Not only do you get the cardiovascular benefits, but it's also good for core strengthening and flexibility since there are lots of hip and midsection movements.

When starting Zumba, don't try to be perfect. Let yourself move to the music and have a good time. Avoid short-changing yourself by overthinking and letting self-consciousness get the better of you. Remember, everyone was a beginner at one point in time. Try focusing on just footwork at first and keep your movements small. You can also master the basic steps of salsa, merengue, cumbia, and reggaetón via videos <https://www.zumba.com/en-US/featured-video> on the Zumba website before attending a class. One of the best things about Zumba is you'll find people of all shapes, sizes, backgrounds, and ages gather together, crank up the music and dance to their hearts' content. Ready to take a class? Join Zumba at the fitness center on Wednesday evenings from 5:30p-6:30p in the group fitness studio.

Source: American Council on Exercise Certified News September 2012 "Zumba: Sure It's Fun But is it Effective?"

Lunch with the Dietician

Join us and enjoy a healthy meal prepared by our Registered Dietitian, Hannah Griswold. The demos allow you to see, taste and learn with an emphasis on healthy technique and fresh ingredients. One of our onsite wellness providers will also join to share a quick presentation; topics will vary. Registration is required due to limited seating.

To register, call the GE Family Wellness Center 513-853-8900 or email Emily.Swisshelm@ge.com.

- July 12th 12:00p—12:30p at the GE Family Wellness Center
- Menu: Avocado tuna salad pita pockets





Dietician Corner
Hannah Griswold, MS,
RDN, LDN

Minimize Your Added Sugar Intake

Added sugars are different from the natural sugars found in vegetables, fruits, grains, beans and dairy products. Added sugars, which include white sugar or other calorie-containing sweeteners, are highly refined from their original source and add calories without nutrients. Beverages are the biggest source of added sugars, followed by desserts and snack foods, but sugar is added to many prepared foods – including salad dressings and frozen meals – another reason home cooking is better for health.

The 2015-2020 DGA recommendation is to limit intake of added sugars to less than 10% of total calories per day. What does this look like? If you consume a 2,000-calorie diet, this is 200 calories or 50 grams of added sugar daily, or 10 teaspoons of sugar. The American Heart Association advises a stricter limit for added sugars – no more than 100 calories a day for most women and no more than 150 calories a day for most men. That's about 6 teaspoons of sugar for women and 9 for men. One teaspoon of sugar has about 16 calories. To put this into perspective, a 12-ounce can of regular soda has about 160 calories, or about 10 teaspoons, of sugar.

Why should you reduce sugars?

- Sugar doesn't contain any vitamins or minerals.
- Sugar raises triglycerides.
- Sugar is addictive.
- Excess sugar is converted into fat if it is not utilized.

Call 513-853-8900 to schedule an appointment with our registered dietitian, Hannah Griswold, MS, RDN, LDN, if you would like to meet to discuss dietary improvements in greater detail. This is a free service for employees, spouses and dependents age 16 and up.

UV Safety Month

It's that time of year when the days are long and the sun is HOT! We all should know by now that too much exposure to the sun without adequate protection can cause sunburn, sun damage, or even skin cancer. The three types of ultraviolet (UV) rays that cause damage to the skin are:

1. UVA rays. These are more constant year-round and penetrate deeper into the skin's layers. UVA rays are harmful and contribute to burning, premature aging of the skin, and the development of certain forms of skin cancer
2. UVB rays, which are the *primary* cause of sun burning, premature aging and skin cancer.
3. UVC rays. These are blocked by the ozone layer and do not reach the earth's surface.

Follow these tips and have a fun and SAFE summer:

- Use SPF sunscreen 15 or higher with broad spectrum protection to protect against UVB and UVA rays (SPF 30 or higher for children). Look for products that contain Avobenzone (Parsol 1789) or zinc oxide.
- Be sure to re-apply often, especially after swimming, perspiring, or toweling off (don't forget lips, ears, and neck!)
- UV rays bounce off sand, snow, concrete, and water, so be sure to wear extra protection around these elements.
- Be especially mindful of sun safety between 10a and 4p when the sun is the hottest.



Source: www.sunsafetyalliance.org



Weight Gain?

Are you concerned your medication may be causing weight gain
Struggling to lose weight?
Wondering if your medications could be responsible?



Your GE Family Pharmacist can help. 20 minute Inbody Consults available at the GE Fitness Center. The Inbody machine provides a full body composition analysis.

- Thursday, July 6th 10a-1p
- Tuesday, August 8th 10a-1p

To schedule call the GEFWC Pharmacy at 513-853-8999 or email caroline_lyons@trihealth.com.
Appointments recommended, but walk-ins welcome.