

## BATTLE THE ROPES AND FEEL THE BURN

Battle ropes are one of the most underrated and underused pieces of exercise equipment simply because most people just don't know how to use them. They're a great tool for cardio, building muscle, and burning fat. Battle ropes target mainly your shoulders, arms, and core, but still make for an awesome overall body workout. Not only are the ropes simple and easy to use, but there's so many exercises you can perform with them to incorporate other muscles such as your legs and back.

Some rope exercises include:

- Waves
- Snakes
- Jumping Jacks
- Lunging Waves
- Plank Waves
- Claps
- Power Slams



To perform waves, bend at the knees in a slight squat position, keep your core tight, and move the ropes up and down using your shoulders and arms.

If you want to make waves a little more challenging and incorporate your legs, then you could also do lunging waves by performing a reverse lunge with it.

To add a core element, add a plank wave. Remember to keep your core tight and back flat. Grab one end of the rope with one arm and wave for 15 seconds. Switch arms and repeat for another 15 seconds.



### Create Your Own Workout

- Pick 2-4 of the exercises listed
- Perform each exercise for 30 seconds
- Repeat this for 3-4 sets
- Rest for 1 minute in between sets

In under 10-15 minutes, you complete an intense cardio, fat burning, and muscle building workout! If you have any questions, stop by the front desk and schedule an appointment with a fitness specialist.



## MEMBER SPOTLIGHT—JILL AND DON DANIEL

This month we are highlighting a couple, Jill and Don Daniel. The Daniels came to the GE Fitness Center about six months ago, each with separate goals. Jill was focused on weight loss; while Don was focused on health maintenance. They selected the GE Fitness Center for its convenient location, pool, and group fitness class offerings at no additional cost. Since joining, the Daniels said what they didn't expect to find was such caring and compassionate staff who would be with them every step of the way.

They initially took advantage of scheduling an appointment for a fitness consult. An Inbody assessment was taken where they were provided with some baseline measurements of body composition that would allow them to track their progress throughout their health and fitness journey. They sat down with a fitness specialist and discussed their goals, limitations, and barriers. Through this process they were provided with individualized workout plans that catered to their own needs, but still allowed them to exercise together as a couple. Most importantly, they have gained confidence in how to use the exercise equipment and workout safely.

This dynamic duo encourages anyone thinking about starting a lifestyle change to speak with a fitness specialist. Stop by the front desk to schedule an appointment. The friendly and knowledgeable staff here will follow you through your journey to a healthier you.

### DOES *WHEN* YOU EAT AFFECT YOUR HEALTH?

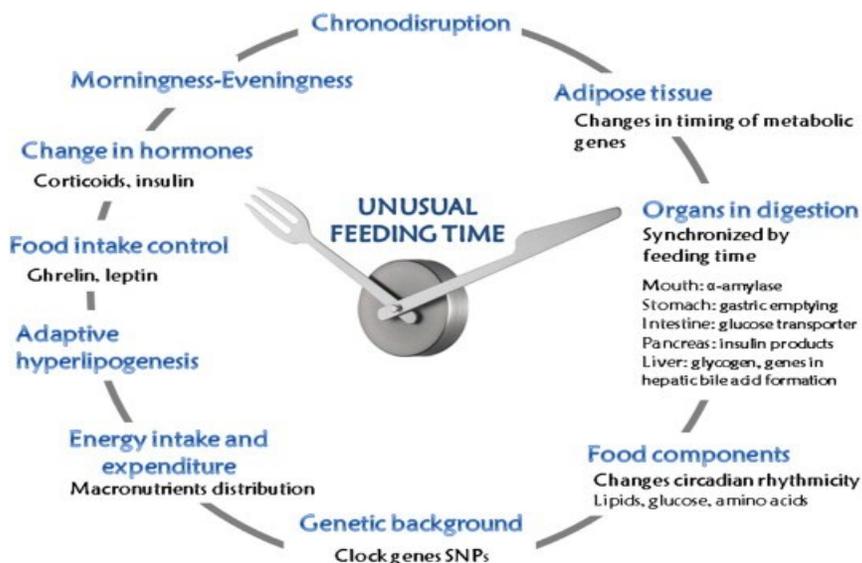
Does this sound familiar? You wake up, grab something small or nothing at all before hurrying out the door for work. At lunch, you try to opt for the healthy choice. By 3pm, you are ravenous and craving sugar. When you get home from work at 6pm, you grab anything you can get your hands on. Despite having multiple servings at dinner, you feel unsatisfied and end up finding yourself at the bottom of the ice cream container or bag of chips by the end of the night before finally going to bed.

If you are trying to maintain or lose weight, **when you eat may be as important as what you eat**. Eating on a pattern that aligns with our circadian rhythm, or our “body clock” that regulates physiological processes in response to light and darkness in the environment, has been shown to have numerous health benefits. These include improving cardiometabolic health markers such as obesity, lipid profile, insulin resistance, and blood pressure.

Recent research has demonstrated effects of meal timing on weight reduction. One study found that those who ate breakfast as the largest meal had a lower body mass index (BMI) than those who consumed dinner as the largest meal. *Why would meal timing influence weight loss if intake and physical activity don't change?* The calories, carbohydrates and fats we consume are metabolized differently at various times throughout the day due to fluctuations in our hormone and enzyme levels based on our circadian rhythm. Also, our diet-induced thermogenesis (or the calories burned metabolizing food) is 50% lower in the evening than morning.

#### Recommendations from the American Heart Association (AHA):

1. Distribute calories over a defined portion of the day.
2. Consume a greater share of the total calorie intake earlier in the day to have positive effects on risk factors for heart disease and diabetes mellitus.
3. Place snacks strategically before meals that might be associated with overeating.
4. Use planned meals and snacks timed throughout the day to help manage hunger and achieve portion control.



#### Sources:

Meal Timing and Frequency: Implications for Cardiovascular Disease Prevention. *Circulation*. 2017

The Right Foods at the Right Time: Circadian Rhythms and Nutrition (March 27, 2017). *Food & Nutrition Magazine*.

Weight loss can be tied to when, not just what, you eat (March 8, 2018). *CNN*.

## GE CINCINNATI TENNIS LEAGUE

### SUPPORTED BY GE HEALTHAHEAD & APAF

Sign up for July-October league by July 12th

See Yammer page for survey link

Yammer: GE Cincinnati Tennis League

Contact: Bradley.Potter@ge.com w/questions

- Matches by division:
  - Singles and doubles; Men/Women/Mixed
  - Beginner, Low intermediate, High intermediate, and Advanced
- Scheduled at players convenience and location of choice
- League sessions April-June, July-October, plus indoor winter play

