

# GE Fitness Center

Managed by  TriHealth

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## Fitness Trends for 2017

Each year, ACSM (American College of Sports Medicine) circulates a survey to establish fitness trends, published in the ACSM Health and Fitness Journal. This data is used to help us keep abreast of the latest and greatest in the fitness world. New to the top 10 list for 2017 (right) is Group Training and Exercise is Medicine®, with “educated, certified fitness professionals” coming in at #4. Although we offer all of the programs listed, we are especially proud of the caliber of our fitness team; all hold 4-year degrees in exercise-related fields, and many also have nationally recognized specialty certifications. Whether you’d like help in beginning or tweaking a routine, we are here to help bring your wellness dreams to life! Sign up for a free fitness consult at the front desk.

### Top 10 Worldwide Fitness Trends for 2017

1. Wearable technology	6. Group training
2. Body weight training	7. Exercise is Medicine®
3. High-intensity interval training	8. Yoga
4. Educated, certified, and experienced fitness professionals	9. Personal training
5. Strength training	10. Exercise & weight loss

### Dine 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 for each cooking demonstration is required due to limited seating. To register, call the GE Family Wellness Center (513) 853-8900 or email [Emily.Swisshelm@ge.com](mailto:Emily.Swisshelm@ge.com).

- June 14th  
12:00p.m.—12:45p.m.  
• Menu: Zucchini pasta with turkey meatballs



- July 12th  
12:00p.m.—12:45p.m.  
• Menu: Avocado tuna salad pita pockets



- August 9th  
12:00p.m.—12:45p.m.  
• Menu: Grilled chicken tacos

### National Great Outdoors Month

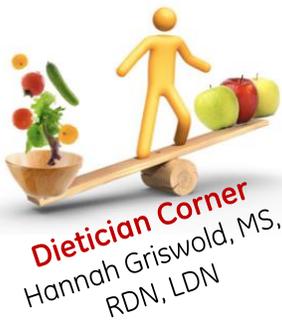
June is National Great Outdoors Month. It's about time we all cut down on our screen time and reconnect with mother nature. Chances are good we will still have our cellular devices with us, so here are some apps that are great to have at the ready and can help us enjoy the great outdoors.

**First Aid by American Red Cross**-The app is a guide to handling the most common first aid emergencies. Two perks of this app are its content are preloaded, dismissing the need for a Wi-Fi signal, and it's fully integrated with 911 so you're just one button away from getting help. (ios & android)

**RainAware**-This isn't just another weather app. RainAware uses your location to predict the exact time and duration of the precipitation in your area. Its hyper-local capabilities allow you to stay ahead of changing weather. (ios & android)

**Leafsnap**-This app is developed by researchers from Columbia University, the University of Maryland, and the Smithsonian Institute. Leafsnap is an electronic field guide that uses visual recognition technology to identify plants by snapping a picture of its leaves. (ios)

**Skyview®**-Play astronomer and get a glimpse at what the night sky holds. By pointing your phone to the sky, this app can identify stars and constellations. (ios & android)



**Dietician Corner**  
Hannah Griswold, MS,  
RDN, LDN

## Healthy=Balanced Eating

You may have heard about the latest diets that focus on restricting or completely eliminating a macronutrient (protein, carbohydrates, or fats). The truth is, your body needs and works best when it has them all. Each macronutrient is processed very differently in the body, and each support the body, brain and metabolism in their own unique way. Whether you are trying to lose weight, support a healthy immune system, or maintain good health, consistent and balanced eating at every meal is essential. The basic components of a

healthy meal include the right amount of quality protein, healthy fat, nutrient-dense carbohydrates and water. When we consume protein, carbohydrates and fat all together at a meal our blood sugar remains steady. Stable blood sugar is the underlying key to great energy levels, positive moods, crystal clear focus, a boosted metabolism, and reduced sugar cravings. It also helps with weight regulation. When we have stable blood sugars, our fat-burning hormone, glucagon, is released and is able to burn stored fat for energy while our fat-storing hormone, insulin, is suppressed.

The key to healthy eating is not to ban or omit any foods or food groups, but to balance what you eat by consuming a variety of foods in the right proportions. At your next meal, use the Harvard Healthy Eating Plate to help you find balance.

### HEALTHY EATING PLATE

**HEALTHY OILS**

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

**WATER**

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**

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The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

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## Play Games and Get Healthy



EdLogics HealthAhead

What if you could

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GET **HEALTHY**

...and even

WIN **GIFT CARDS**

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- *EdLogics* – a new online health resource center that makes learning about health easy and fun – is now live! Through fun games, quizzes and videos, *EdLogics* provides the information you need to care for yourself and your loved ones. Even spouses are eligible to join once the employee registers.

- *EdLogics* is not only fun, but also rewarding. Three participants will win a \$50 gift card through the Global Reward & Recognition Tool every Friday, just for playing!

- Everything you do increases your chances of winning! By earning points, unlocking badges, finding scavenger hunt items, completing monthly challenges and increasing your overall Health GPA, you not only improve your chances of winning, but everything you learn empowers you to be as healthy as you can be. It's like getting paid to stay healthy and live longer!