

THE BEST TIME OF DAY TO EXERCISE WHEN YOU'RE A SHIFT WORKER

Not everyone works a standard 9a-5p job. Many people work the “swing” shift or night shift. For those individuals it can be difficult to find the ideal time for a workout. To determine the best time of day to work out you need to answer two questions:

What's your chronotype?
How does exercise timing affect your sleep?

What's a chronotype?

According to the Oxford Dictionary it's a person's natural inclination with regard to the times of day when they prefer to sleep or when they are most alert or energetic.

What's your chronotype?

-Early Chronotype: “Early risers” are typically at their best when they wake up one to three hours before sunrise, but they have difficulty trying to stay up late.

-Normal Chronotype: Individuals who prefer waking up within 0 to 2 hours after sunrise.

-Late Chronotype: “Late risers” or “night owls” would rather stay up late and wake several hours after sunrise.



How does exercise affect your sleep?

This will depend on how your body reacts to exercise. If you have learned from experience that exercise tends to amp you up in the evening, then it may be better to exercise earlier in the day. If exercise instead helps you relieve stress and gives you a sense of calm afterward, then it's ok to exercise in the evening.

See the table below for the best times of day to exercise as a 2nd or 3rd shift worker.

2nd or “Swing” Shift	Early Chronotype	Normal Chronotype	Late Chronotype
Exercise After Work			
Exercise Amps You Up	X	X	X
Exercise Calms You Down	X	?	*
Exercise Before Work			
Exercise Amps You Up	*	*	*
Exercise Calms You Down	?	*	*
3rd or “Night” Shift	Early Chronotype	Normal Chronotype	Late Chronotype
Exercise After Work			
Exercise Amps You Up	?	?	?
Exercise Calms You Down	*	*	*
Exercise Before Work			
Exercise Amps You Up	*	*	*
Exercise Calms You Down	X	*	*

Source: Ace Fitness “Training for Shift Work: When is the Best Time to Work Out?” Author—Jonathan Ross

Key:

X Not Advisable

? Questionable, depends on the individual

* Advisable

ARE THEY NEGATIVELY AFFECTING YOUR HEALTH?

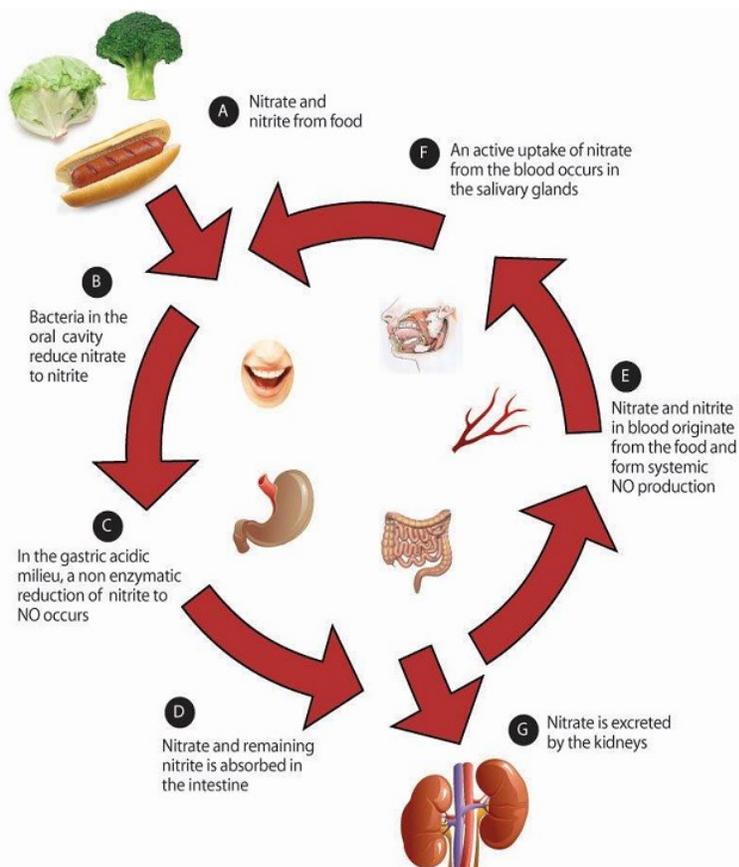
There is a lot of confusion over the impact of nitrates and nitrites and their effect on our health. Nitrates and nitrites are naturally occurring in foods such as fruits and vegetables & are also added to foods such as processed meats. Once these compounds reach the body, they are converted into either nitric oxide (NO) or N-nitrosamine compounds (NOCs). **The conversion to NO occurs from our fruits and vegetables and has tremendous health benefits** including regulating blood pressure and controlling blood flow to different organs as well as playing a critical role in numerous nervous, immune and cardiovascular systems pathways. Fruits and vegetables have varying nitrate content with leafy greens containing the highest amount.

However, the conversion into NOCs is potentially carcinogenic and commonly occurs during high heat cooking. Since processed meat, such as bacon or hot dogs, have a high content of protein, the combination of protein and high heat create the perfect conditions for nitrosamine formation. Also, meat processing (e.g. curing and smoking) can result in formation of other carcinogenic chemicals known as polycyclic aromatic hydrocarbons (PAH).

Tips to reduce NOCs exposure:

1. Purchase nitrate-free processed meats.
2. Cook meats low and slow (cooking at lower heat for longer time will product less nitrosamines).
3. Flavor meats with marinades to not only improve the taste and flavor, but also to reduce HAAs formation - just be sure to cook poultry within 2 days of marinating, and beef within 5 days.
4. Grill fish and chicken rather than processed meats and red meats.
5. Incorporate fruits and vegetables to add powerful antioxidants and beneficial nitric oxide to your diet.

High-temperature cooking by panfrying, grilling, or barbecuing also can result in the formation of heterocyclic aromatic amines (HAA), another carcinogen. So what can you do to reduce your risk of NOCs exposure? Below are a few tips to help lessen your exposure to these potential carcinogens.



ATTENTION SWIMMERS AND WATER WALKERS: POOL CLOSURE

Great news, the pool is going to be painted! We, the GEFC staff are so excited.

The pool will be closed starting June 4th.

We plan to reopen on Thursday, June 21st at 5a.

During this time, the TriHealth Pavilion at 6200 Pfeifer Rd. will welcome all GE pool users for \$7.50/day. Please bring your GE badge and sign in with the receptionist.

The Pavilion hours are as follows:

Monday-Thursday: 5:15a-10p

Friday: 5:15a-9p

Saturday: 7a-7p

Sunday: 7a-6p

If you have any questions, please call 513-243-9404 or email Erica.millender-stevens@ge.com.

