

Neuroplasticity Training, Training Your Mind Like a Muscle



Recent research supports approaching brain training as if it were a muscle. This type of training is referred to as “neuroplasticity training.” The concept of neuroplasticity is a scientific term describing the brain’s ability to change and adapt, when the brain reorganizes and rewires itself in response to experiences and stimuli.

There are two keys to successful neuroplasticity training: 1) fusing mental tasks with physical movement, and 2) engaging the “whole brain” using both hemispheres of the brain simultaneously. The left side of the brain controls speech, language, math and analytical skills, and memories of names and words. The right side of the brain controls creative problem solving skills, emotions, memories of images, spatial zones, and patterns of details. Here are some examples of neuroplasticity exercises you can try to fight aging of the brain.

- Start with simple movement. Tap your toes while seated on the edge of a chair & working on Sudoku puzzles.
- While your body is in motion have the following conversation with yourself:
 - Say your favorite color aloud, then spell it forward and backward.
 - How many letters does the word have? Does your telephone number contain that number?
 - If it does, then say the section of your phone number that contains that number. Repeat that numerical sequence backward.
 - If it doesn’t, then repeat a section of your phone number forward and then backward.
- Perform a movement task that involves one side of the body at a time, such as lunges or sitting and extending one knee at a time.
 - Perform the exercise with the right leg while saying a fruit or vegetable. Execute the exercise with your left leg while saying any word in a foreign language.

Pairing brain games with appropriate movement can help us change not that we age, but how we age.

Source: *IDEA Fitness Journal March 2016 “Fight Aging with Brain Training”*

The Journal on Active Aging March/April 2015 “Training the Brain to Change the Way we Age”

You Can Save A Life

Suicide is a tragedy that happens approximately every 12 minutes in the US, but with awareness and action, many of these tragedies could be prevented.

Many of us may have heard myths about suicide, such as talking about it will give someone the idea to attempt suicide, or people who are serious about suicide will not talk about it.

The reality is that when people are contemplating suicide, they feel alone and think others do not care. The evidence also shows that 9 out of 10 times when someone has completed suicide, he/she had given some sign leading up to taking his/her life.

These facts point out why it is so important for us to recognize changes in our co-workers, friends, or family, and that we reach out and offer support that may prevent the potential tragedy.

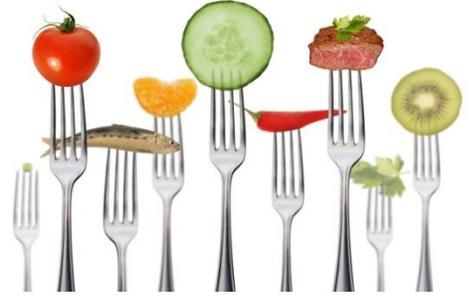
There are many ways that you can reach out and offer support to people in need. You might find an appropriate and private time to talk with your friend or family member about the changes you have seen, and provide him/her an opportunity to talk while actively listening. Moreover, GE employees, dependents, and retirees can call Mary Jo Butler, the Live and WorkWell Specialist at the GE Family Wellness Center (853-8900). Additional resources include the National Suicide Prevention Lifeline, 800-273-TALK or <http://suicidepreventionlifeline.org/>, local suicide hotlines, or counseling services.



National Nutrition Month 2017

Every year we celebrate National Nutrition Month in March, and this year's theme is to "Put Your Best Fork Forward," a reminder that every bite counts and that each one of us holds the tool to make healthier food choices. The focus is to make small changes in order to make healthier lasting changes you can enjoy.

One of the key messages this year is to practice cooking more at home and experimenting with



Dietician Corner
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healthier ingredients. Homemade meals tend to be more healthful than ones you purchase, because when you cook from scratch, you know exactly what you're eating. That makes it much easier to eat in a way that aligns with your health goals. Not sure where to start?

There are numerous resources online that teach you how to cook.

You can even skip a few steps and have the ingredients delivered right to your door with meal-kit services.

Online Cooking Resources:

- The Kitchn's Cooking School → cooking lessons & videos
- Look and Cook → recipes w/ video demonstrations
- Food Wishes Video Recipes → recipes w/ video demonstrations
- Youtube → videos on how to cook practically any food!

Meal-Kit Services:

- Blue Apron
- Purple Carrot
- Green Chef
- HelloFresh
- Plated

To learn more about National Nutrition Month, visit the Academy of Nutrition and Dietetics website at:

<http://www.eatright.org/resources/national-nutrition-month>

Why Are the Kidneys So Important

March is the month we celebrate our kidneys! According to the National Kidney Foundation a major function of the kidneys is to remove waste products and excess fluid from the body, which are removed through the urine. The production of urine involves highly complex steps of excretion and re-absorption and is necessary to maintain a stable balance of body chemicals.

The critical regulation of the body's salt, potassium and acid content is performed by the kidneys. The kidneys also produce hormones that affect the function of other organs. For example, a hormone produced by the kidneys stimulates red blood cell production. Other hormones produced by the kidneys help regulate blood pressure and control calcium metabolism. The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. About two quarts are removed from the body in the form of urine, and about 198 quarts are recovered. The urine we excrete has been stored in the bladder for anywhere from 1 to 8 hours.

Who knew that an organ that is no bigger than a standard computer mouse could be important.

March
is
Kidney
Month!

Freestyle Swim Clinics

The GEFC is excited to offer free Freestyle Swim Clinics to swimmers of all skill levels. Group sessions on a variety of topics will be led by Natasha Saylor, Red Cross Certified Water Safety Instructor. Sign up for one or sign up for all classes! Please register at the front desk between March 20th and April 1st. Classes are free; must be a fitness center member to attend. Clinics will take place during the first two weeks of April. Look for specific class days and times coming soon.

Beginner 1: No previous swimming experience, but you want to learn swim basics: front float, back float, recovery from gliding.

Beginner 2: Review level beginner I skills and begin novice freestyle.

Intermediate: Tips to make your stroke more efficient.

Advanced: Ways to improve your technique.

Flip turns: Learn how to do a flip turn.

Contact Erica, 243-0768 or
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