

# TAKE A BITE OUT OF THE PIT SHARK SQUAT MACHINE

The squat is an all-in-one exercise that improves strength, power, and core stability. Squats work the quadriceps while also recruiting muscle fibers from the hamstrings and glutes. There are many variations of the squat, including the commonly seen barbell squat. But if you're newer to weight loaded squats, plastering a 45 pound steel bar across your upper back can seem scary. Fortunately the fitness center now has a safer and less intimidating alternative: enter the Pit Shark belt squat machine.

Consider trying the Pit Shark, one of our latest strength equipment additions on the fitness floor, as an alternative to traditional barbell squats for the following reasons.

- The weight load is placed on the hips, in turn de-loading the spine. This lessens the risk of spinal compression.
- It offers a better option for those who have range of motion issues in their shoulders or problems with their wrists.

-It encourages improved body mechanics by more easily allowing you to maintain a neutral spine.

-It puts an emphasis on the hip extension movement of the squat and more actively fires the glutes.

Remember, our Fitness Specialists are available on the fitness floor to help you learn how to use the new equipment. If you're needing more detailed guidance you can sign up for a one-hour fitness consultation at the front desk.



## FREESTYLE SWIM CLINICS

The GEFC is excited to offer 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 5th and March 17th. Classes are free; must be a fitness center member to attend.

Questions: Contact Erica, 243-0768 or Erica.Millender-stevens@ge.com

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



Beginner	Wednesday, 3/21 8-8:30a	Thursday, 3/29 1-1:30p
Intermediate	Wednesday, 3/21 11-11:30a	Thursday, 3/22 4:30-5p
Advanced	Thursday, 3/22 5-5:30a	Friday, 3/23 6-6:30a
Flip Turns	Saturday, 3/24 8:30-9:15a	

## INTESTINES ON THE RUN

Many people are training for upcoming races including the Cincinnati Heart Mini or Flying Pig. Nothing is worse than suffering from gastrointestinal (GI) problems during or after a long run or race. These issues are commonly experienced in endurance athletes and often impair performance. During high intensity exercise, the decrease in mesenteric blood flow, artery that supplies blood to the intestines, is believed to be the main contributor to the development of GI symptoms. "Nutritional training of the gut" and choosing appropriate foods/fluids during exercise can reduce the risk of GI distress during exercise. Below are a few recommendations you can follow to prevent GI distress from occurring.

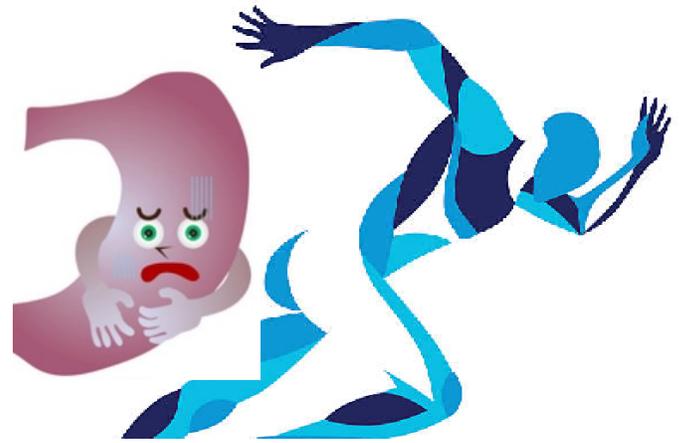
1. Limit the consumption of these nutrients before and during exercise:

**-Fat** (delays gastric emptying)

**-Concentrated carbohydrate solutions** (delays gastric emptying) Instead choose beverages with lower carbohydrate concentrations such as Gatorade and Powerade (6 g/100ml)

**-Fiber** (increases bowel movements)

2. Start your exercise **well-hydrated and drink during** to replace sweat fluid loss (limit to losses <2% of body weight)



3. **Train the gut** to improve gastric emptying and tolerance of larger volumes as well as increase the speed of intestinal absorption

-Exercise with relatively large volumes of fluid and immediately after consuming a meal

-Consume a high carbohydrate diet in training and ingest carbohydrate during exercise

4. **Practice race nutrition plan** in the weeks leading up to the race

Have specific questions about fueling for your long runs or upcoming races? Your dietitian, Hannah Griswold, MS, RDN, LDN is available to help you create a nutrition plan to meet your goals. Just call 853-8900 to schedule an appointment today.

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## MEMBER SPOTLIGHT— ED WILLIAMS



Ed Williams, a retired GE employee, has been a member of the fitness center since it opened in 1985. Even though Ed didn't get over to the fitness center as much as he'd have liked while still working, he did take advantage of joining the diabetes program that was introduced to employees in 2003. Since joining the diabetes program, he has not missed any of the three-times-per-year biometric screenings offered to program participants, and he has maintained his appointments with the dietitian.

Since retiring in 2016, Ed has come to the fitness center on a regular basis. He has lost 25 lbs, and his A1c has dropped significantly. Ed credits the health advisors, dietitian and fitness staff as major factors contributing to his weight loss and A1c improvement. "The entire team gives great advice and is extremely friendly. A few years ago, I was scheduled to have surgery on my knee.. However, one of the health advisors suggested I try the pool for exercises and participating in the group fitness classes. Since then, the pain in my knee has gone away and is doing just fine. The staff is always willing to help, whether it's needing a diabetes test strip, blood pressure reading or exercise recommendations. I can't say enough about the staff. They are always very pleasant."

Ed said he always used to look for excuses not to come in but now looks forward to coming to the fitness center three times a week. "Joining and coming to the fitness center is the best thing I've ever done. Results may not come as fast as you want or think they would come but I can definitely feel a big difference over time."