

## A NEW STRONGER AND THICKER RESISTANCE BAND IS ON THE SCENE



Thick resistance bands are the new craze in the fitness industry. Thick resistance bands help you make strength improvements in a variety of ways and are great for all fitness levels. This type of band is proven to help you push past those strength sticking points you are experiencing in your workout by adding either increased resistance or assistance in areas where you find it difficult to lift the weight. The fitness center now has thick resistance bands in a variety of resistances. The level of resistance is determined by color. For example, red and black are light resistance; purple and green are medium resistance; blue and orange would be your heavy resistance.

### Building Strength

Thick resistance bands can add resistance to your dumbbell exercises, barbell bench press, barbell squats, or barbell deadlift. The bands add additional resistance to these exercises without adding additional weight.. You can add a layer of difficulty by incorporating bands into your body weight exercises too.



### Adding Assistance

These bands can also add assistance to your workouts. For example, if you can't lift your own body weight for a pull-up, the bands can aid in lifting your body weight as you build strength through that sticking point. Eventually you will be able to work through that leverage point without the band. Choose a heavy resistance band for more assistance and a lighter resistance such as red or black as you gain strength.

### Help with Stretching

Another way to utilize these bands is to incorporate them into your stretching sessions. Both upper and lower body stretches can be done. These help greatly with developing better range of motion and flexibility.

Thick resistance bands are great for all fitness levels! If you'd like more guidance on training with bands, stop by the front desk and schedule an appointment with a Health Fitness Specialist.

## FRESH NEW GROUP FITNESS CLASSES

### New Classes

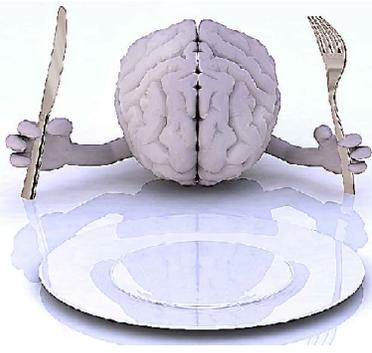
- Meet at the Barre Mondays 10:30a-11:30a
- T.C.I.S. Tabata Cardio Interval Strength Fridays 5:30p-6:30p

### Demo Class

- Pound 30 minute demo class Thursday, March 14th 10:45a-11:15a
- Register at the front desk or by email to [Erica.millender-stevens@ge.com](mailto:Erica.millender-stevens@ge.com)



# DIETITIAN CORNER—MIND DIET: EAT TO KEEP YOUR BRAIN YOUNG



We have all heard of diets that protect against heart disease, cancer, diabetes, etc., but what about protecting one of our most vital parts, the brain? Well, there's a newer diet on the block that has been shown to help slow the rate of cognitive decline and protect against Alzheimer's Disease. Enter, the MIND Diet. The MIND diet stands for 'Mediterranean-DASH Intervention for Neurodegenerative Delay', which combines two popular diets that combat heart disease, the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. The diet recommends eating target servings of 10 foods shown to support a healthy brain and maximum allowed servings of 5 potentially damaging choices (listed in the table below).

The more closely the recommendations are followed, the greater the impact on neurological health. Following the MIND diet rigorously can **reduce your Alzheimer's risk by as much as 53%** (or 35% if followed moderately) and **keep the brain functioning as if it was 7.5 years younger!**

The MIND diet really boils down to two main principles: eating natural plant based foods and limiting the intake of animal and high saturated fat foods. Start incorporating the MIND diet using the recipes found in the link below. What do you have to lose? Not brain function, that's for sure!

Recipes: <https://minddietmeals.com/category/recipes/>

### Sources:

[www.nutritionletter.tufts.edu/issues/14\\_6\\_current-articles/MIND-Diet-for-Better-Brain-Aging\\_2413-1.html](http://www.nutritionletter.tufts.edu/issues/14_6_current-articles/MIND-Diet-for-Better-Brain-Aging_2413-1.html)

[www.todaysdietitian.com/newarchives/090115p28.shtml](http://www.todaysdietitian.com/newarchives/090115p28.shtml)

| Include These                                  | Limit These  |
|--|--|
| <b>Green leafy vegetables:</b> every day       | <b>Cheese:</b> less than one serving per week                      |
| <b>Other vegetables:</b> at least once per day | <b>Fried or fast food:</b> less than one serving per week          |
| <b>Nuts:</b> every day                         | <b>Red meats</b>   |
| <b>Beans:</b> every other day                  | <b>Pastries and sweets:</b> limit                                  |
| <b>Berries:</b> at least twice per week        | <b>Butter and stick margarine:</b> less than 1 table-spoon per day |
| <b>Whole grains:</b> three times per day       |  |
| <b>Fish:</b> at least once per week            |  |
| <b>Poultry:</b> at least twice per week        |  |
| <b>Olive Oil</b>                               |  |
| <b>Wine:</b> one glass per day                 |  |



## FREESTYLE SWIM CLINICS

The fitness center is excited to offer Freestyle Swim Clinics to swimmers of all skill levels. Sign up for one or for all of the classes! Please register at the front desk now through March 23rd. Classes are free;. You must be a fitness center member to attend.

Questions: Contact Erica, 243-9404 or [Erica.millender-stevens@ge.com](mailto:Erica.millender-stevens@ge.com)

**Beginner:** No previous swimming experience; learn the swimming 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

|                     |                          |                       |
|---------------------|--------------------------|-----------------------|
| <b>Beginner</b>     | Wed. 3/6<br>4:30p-5p     | Fri. 3/8<br>4:30p-5p  |
| <b>Intermediate</b> | Thurs. 3/14<br>5p-5:30p  | Sat. 3/16<br>8:30a-9a |
| <b>Advanced</b>     | Wed. 3/6<br>5p-5:30p     | Fri. 3/8<br>5p-5:30p  |
| <b>Flip Turns</b>   | Sat. 3/23<br>8:30a-9:15a |                       |