

## ONE STOP SHOP FOR YOUR MUSCLES—THE CABLE CROSS MACHINE

One of the most versatile pieces of equipment in the gym is one you may be overlooking: the cable cross machine. It towers above the rest and can be intimidating, but don't let that stop you from trying it. Fitness Specialists here at the GE Fitness Center can help you get acclimated.

Maybe you're ready to challenge yourself and take your program up a notch, but you're not quite ready to tackle free weights. Weight machines are great for newcomers to the strength training world because they are safe and easy to use. The cable cross machine is a good option that is a hybrid of the two.

Many of us exercise bilaterally, using both our right and left sides of the body at the same time. The cable cross machine allows for unilateral training, each side of the body individually. This is an advantage considering the majority of us have muscular imbalances that could benefit from this type of strength training.



An added plus is the challenge it places on the core. While weight machines support and put the body in correct placement, the cable cross machine doesn't. To keep good posture and form you're required to engage your core.

There are some real benefits to be had from this guy. Work smarter, not harder, and give the cable cross machine a try.

## MEMBER SPOTLIGHT—TONY & KATHLEEN WISSEL

Tony and Kathleen Wissel joined the Fitness Center last year, Tony in March and Kathleen in May when she signed up for the Jet Power 5K and Pump 'N' Power event. Tony was on the powerlifting team at Purdue University, and he still lifts a few days a week. Kathleen is planning to participate in the JetPower events again this year.

Tony and Kathleen are both frequent users of our group fitness classes, especially the lunch time HIIT, Chisel, Define, and Cardio Kick formats. Tony said, "The classes have helped me improve strength, but especially improve a lot with my cardio and endurance."

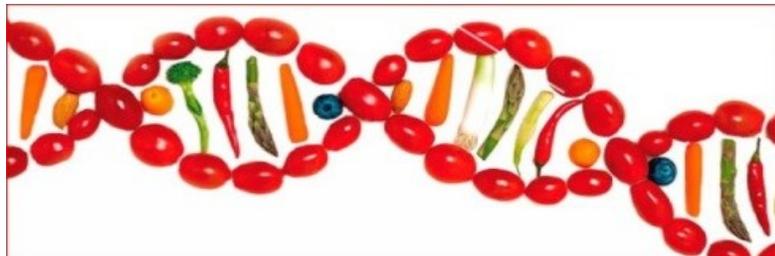


They also appreciate the variety in workouts as well as the accountability from the instructors and other class participants when they miss class. Kathleen said, "There are a lot of different classes that offer several varieties of workouts so you're not working out the same thing every time, and it's a different workout each class. Each instructor has their own styles of teaching which helps change things up as well. The classes are also very modifiable which makes it easy for anyone, no matter what age or fitness level to jump in the class if they want!"

If you're looking for a fun and interactive way to workout, group fitness is the perfect way to start! Please feel free to jump into one of our many group fitness classes at any time with no extra cost or sign up needed. Ask one of our Fitness Specialists or Group Fitness Coordinator, Erica Millender-Stephens about any questions you might have!

### ARE YOUR GENES THE KEY TO UNLOCKING THE RIGHT DIET FOR YOU?

Have you ever wondered why a specific diet pattern works for one person, but not another? Our genetic makeup may be responsible. Nutrigenomics, defined as the use of genetic information to determine how nutrients interact with our genome to impact our health and performance, is an up-and-coming science. Each gene in our body provides specific instructions to make cellular proteins, which are the building blocks for everything in our body. Each person has variations within their genes, which is why not everyone responds equally to different foods or why one person develops specific health-related conditions or not. For example, a 2012 Harvard study found that individuals with a specific gene (FTO) variation lost significantly more body fat on a high-protein (20% to 30% of calories) diet than those on a low-protein diet. For participants without the FTO gene variation, protein intake made little difference on body fat loss. Keep in mind that a person's lifestyle and environment plays a big role in health. I like to say, we are not our genes, rather, we are the expression of our genes. **This means that a person can have obesity-related gene variations, but not be overweight due to lifestyle factors like exercising or watching what they are eating.**



Not only do your genes impact your diet, but your diet can also impact your genes. On a molecular level, nutrients transmit signals that can be translated into changes in gene, protein, and metabolite expression. **Essentially, what you eat can impact whether or not specific genes are expressed.**

There are many types of genetic tests currently available that analyze your DNA and provide personalized reports based on current research including 23andMe, Ancestry, Pathway Genomics, Nutrigenomix, myDNAhealth, and Arivale. However, these tests tend to be costly and the state of the research is still very limited. More research needs to be conducted to determine a better understanding of how nutrients interact with our genome before an individual's diet can be tailored to their genes.

*References: Zhang X, Qi Q, Zhang C, et al. FTO genotype and 2-year change in body composition and fat distribution in response to weight-loss diets: the POUNDS LOST Trial. Diabetes. 2012;61(11):3005-3011.*

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### JETPOWER SWIM MEET

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The 2nd annual JetPower Swim Meet will be held May 31st from 3-5p at the GE Fitness Center Pool. The fitness center is excited to offer 9 events that you can compete in as an individual or as a team. Consider competing for distance in the new 1 mile event. Register by May 21st by contacting Erica Millender-Stevens at 243-9404 or Erica.millender-stevens@ge.com to compete in any or all of these events.

The swim meet is open to all blue badge employees. Everyone at all levels of swim experience are welcome to participate. Flip turns are not required. Fitness Center membership is not required (non-members are asked to complete the health history prescreening).

Events include: 4 person 200 yd. medley relay; 4 person 200 yd. free relay; 100 yd. IM; 100 yd. free; 100 yd. back; 100 yd. breast; 50 yd. free; 50 yd. butterfly, and the new 1 mile event. Hope to see you poolside!

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### NEW TUNES



Do you hear that? There is different music echoing between the walls of the fitness center. You may have noticed our new music streaming service over the speakers. What is your favorite genre of music to exercise to? We'd like to hear from you. Please take a moment to fill out our short survey located on the tables outside the fitness floor main doors.