

Exercise Can Improve Overall Quality of Sleep



Can exercise really give you more energy, increase productivity, and improve your sleeping habits? According to a study in the *Mental Health and Physical Activity* journal the answer is yes. The study suggests that people sleep better and are more awake during the day if they get at least 150 minutes of moderate to vigorous physical activity a week, which also happens to be the recommended national guideline. In fact, an improvement of 65 percent in sleep quality was found from a nationally representative sample of 2,600 men and women between the ages of

18-25. Approximately 35-40 percent of adults in the United States have issues with falling asleep at night or being sleepy during the day and exercise is a tool that can be used to improve that number. Depending on the age group this could drastically increase awareness, efficiency, and productivity during the day at work, school, athletics, home, and all other aspects of daily living. Even after a long day when you're tired, don't feel like working out, and want to go home to nap, motivating yourself to get your workout in may very well help you sleep better at night and be better for you long term.

Source: <https://sleepfoundation.org/sleep-news/study-physical-activity-impacts-overall-quality-sleep/page/0/1>

Know Your Family's Health History

November is Family History Month: Knowing about your family's health history of disease can motivate you to take steps to lower your risk of developing certain health concerns. You can't change your family health history, **but you can change behaviors**, such as tobacco use, inactivity, and poor eating habits.

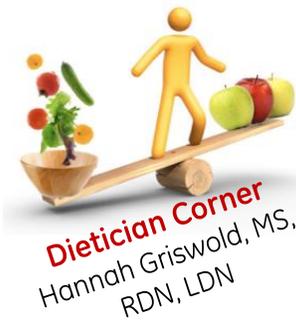
Feeling Unmotivated? Meeting with someone regularly, such as a Personal Health Advisor at the GE Family Wellness Center, can help you begin the process of getting back on track. You can discuss any potential genetic risk factors as well.

What is a Personal Health Advisor (PHA)? The PHA is a wellness coach who provides one-on-one support, personalized guidance, and customized goals to help you live healthier while decreasing your risks. The PHA will provide health education and share resources that can help you enhance your health. The PHA will also work in coordination with the GE Family Wellness Center physician, dietitian, pharmacist, physical therapy, and fitness center team.



Goal setting with your PHA will measure your priority level for an activity by asking where are you on a scale of 1-5 in wanting to take control of your health. This allows you to decide what's important to you and what you can work on right now...today! The PHA can also provide you with information and tips to help you maximize past routines or habits. Some tools used to establish a baseline might include the InBody Scale, a body composition measuring tool that calculates weight, lean mass, hydration, fat mass, and % body fat, BMI and Basal Metabolic Rate (helpful for weight loss).

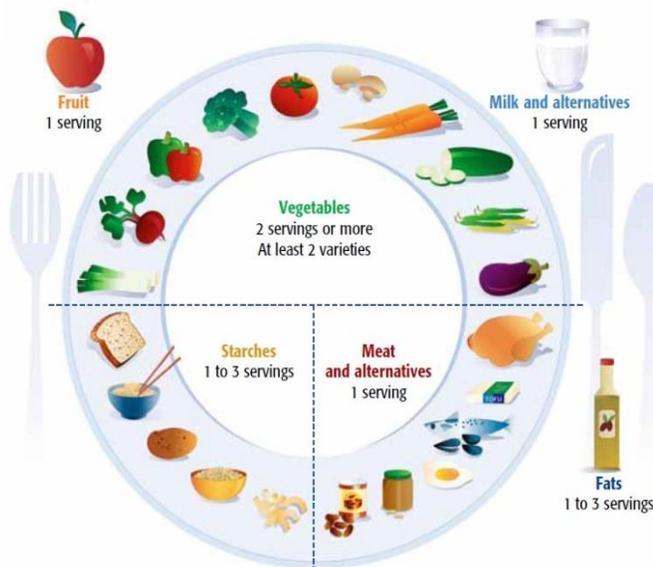
If you're looking for a way to make positive, realistic changes BEFORE the New Year, call the GE Family Wellness Center at 513-853-8900 to schedule your appointment with a Personal Health Advisor. This FREE service is just one of the many health and wellbeing resources available to GE employees, dependents and retirees.



American Diabetes Month

November is American Diabetes Month, which helps bring attention to diabetes and encourage people to make healthy changes. According to the 2017 statistics released by the Centers for Disease Control (CDC), 114.4 million people in the U.S. have either prediabetes or diabetes (more than 1 out of 3 people). What you eat can have a huge impact on preventing and helping manage diabetes. A simple way to incorporate healthy eating into your everyday lifestyle is to create a balanced plate following the seven steps provided by the American Diabetes Association (ADA) listed below:

1. Using your dinner plate, put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate.
2. Fill the largest section with non-starchy vegetables.
3. Now in one of the small sections, put grains and starchy foods.
4. And then in the other small section, put your protein.
5. Add a serving of fruit, a serving of dairy or both as your meal plan allows.
6. Choose healthy fats in small amounts. For cooking, use oils. For salads, some healthy additions are nuts, seeds, avocado and vinaigrettes.
7. To complete your meal, add a low-calorie drink like water, unsweetened tea or coffee.



Exercise is also an important part of diabetes management. According to research findings presented at the American Heart Association's Scientific Sessions in 2015, short bursts of high-intensity exercise are more beneficial for people with Type 2 diabetes than originally thought. A three month long study found that high-intensity exercise in 10-minute bouts done three times per day, five days a week improved cholesterol, blood sugar, and weight among people with Type 2 diabetes. Take the month of November to raise awareness about diabetes and encourage yourself and others to make healthy changes to combat this disease.

Sources:

<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>

<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/?loc=ff-slabnav>

<http://newsroom.heart.org/news/short-bursts-of-high-intensity-exercise-does-more-for-type-2-diabetes>

GEFC Thanksgiving Holiday Hours



Thursday, 11/23 – Closed

Friday, 11/24 – 8a.m.- 4p.m. (No group fitness classes)

Saturday, 11/25 – 8a.m.- 1p.m. (9:45a.m. spinning class only)

Have a great Thanksgiving with family and friends!