

WHAT'S UP WITH WATTS?

You've hopped onto a piece of cardio equipment and chosen a workout program. You have begun your habitual requirement of 30 minutes of cardio, 2 miles of endurance training, or 250 calories burned. Time, distance, and calories burned are all familiar features found on the display console, but what about watts?

When you hear the term "watts" you may think in terms of light bulbs and their wattage. In regards to exercise, it's a measurement of power output while exercising. If you're into the science behind things and like digging a bit deeper, a watt is equal to one "joule" per second. A joule is what's needed to accelerate a mass of one kilogram over a distance of one meter. So, watts are the power needed to overcome inertia and make things go, like pedaling a bike or running on a treadmill.

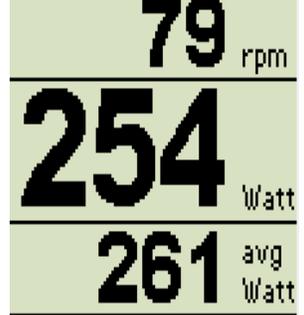
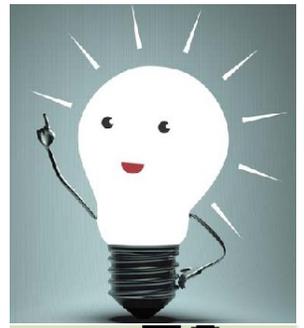
Why should you use watts to monitor your workout?

-They give you immediate and measurable feedback on your workout Intensity and performance.

-Watts are a motivator since they aid in maintaining a target workload and pacing yourself. Instead of starting out too fast and fatiguing early, watts can help you build endurance or even strength.

-Although heart rate is good measure of exercise intensity in most cases, it can vary depending on outside conditions such as ambient temperature, medications that regulate heart rate, and fatigue. By measuring with watts, you're certain to put forth the same power while maintaining a goal.

Use watt-based training to amp up your next workout. The capability of observing your watts as you exercise gives you immediate and quantifiable feedback on the intensity of your workout. When concentrating on watts, you stay motivated to maintain your target workload during hard efforts



SAY GOODBYE TO TOBACCO

TriHealth offers a free, 4-session tobacco cessation program to GE employees, spouses, adult dependents, and retirees. At each session, our providers will take you through the steps of the quitting process: guidance on goal setting, nutrition advice to curb cravings, and nicotine replacement therapies available to you.

Quit by the Great American Smokeout on Thursday, November 15th!

Call the GE Family Wellness Center for more information: 513-853-8900.

**GREAT AMERICAN
SMOKEOUT**



GEFC THANKSGIVING HOLIDAY HOURS

Happy
Thanksgiving



-Thursday, 11/22 - Closed

-Friday, 11/23 - 8a.m.- 4p.m.
(No group fitness classes)

-Saturday, 11/24 - 8a.m.- 1p.m.
(Group fitness classes on as scheduled)

Have a great Thanksgiving
with family and friends!

DIETITIAN CORNER - PEARS, THE FORGOTTEN FALL FRUIT

Fall is a great time to enjoy a juicy, crisp pear. Not only are pears a great snack or dessert, but they also fit into a healthy diet! They are low in calories, high in dietary fiber (6g or 22% daily value) and are rich in antioxidants including phenolics, flavonoids, and Vitamin C. Pear consumption has been associated to decrease the risk of disease development, particularly cancer, cardiovascular disease and type 2 diabetes mellitus because of the high fiber content and high antioxidant content. This results in a decreased risk of common chronic diseases that are caused by inflammation and excessive oxidative stress. It seems "A Pear a Day also Keeps the Doctor Away!"

Try this Pear Quinoa Salad.

Ingredients:

1 cup organic quinoa
2 good handfuls of organic baby spinach leaves, washed, drained
1 large ripe pear, washed, stemmed and cored, cut into pieces
1/2 cup chilled chick peas, rinsed, drained
2 tablespoons fresh chopped parsley
Sea salt and fresh ground pepper, to taste
A handful of pecans, pan toasted and salted to taste



Serve with low-fat pear maple vinaigrette.

4 tablespoons extra virgin olive oil
3 tablespoons golden balsamic vinegar
2 tablespoons pure maple syrup

-Rinse the quinoa thoroughly in a fine sieve. Place the quinoa in a saucepan or a rice cooker. Add 2 cups fresh water, and a pinch of sea salt. Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender- roughly 20 minutes. Fluff with a fork and dump it into a large salad bowl.

-Add the baby spinach, pear, chick peas, and chopped parsley to the quinoa and fluff.

-Whisk together the vinaigrette, pour it over the quinoa salad and toss gently to coat. Season to taste with sea salt and ground pepper.

-Just before serving, add the toasted pecans and lightly combine.

Makes four main course servings, six side dish servings.

Recipe Source: glutenfreegoddess.blogspot.com

HIT THE REFRESH BUTTON ON YOUR WORKOUT



Get set up on the right track with your exercise regime before the chaos of the holiday season begins. Fitness center members can choose from the following complimentary personal training menu as part of their base membership.

Session 1 Personalized Fitness Assessment: A trainer will take you through a series of exercise tests including the InBody to assess your current level of fitness. Specific exercise tests including the InBody to assess your current level of fitness. Specific exercise recommendations, following the American College of Sports Medicine guidelines, will be discussed based upon assessment results, personal goals, and interest.

Session 2 Personalized Program Design: A trainer will meet with you and design a personal fitness program based upon your goals and interests, as well as take you step-by-step through your first workout.

Session 3 Program Follow-Up: A trainer will meet with you in week 4 to review your program, answer questions, and make appropriate progressions to keep you moving towards your goals.

Session 4 Program Progression: Vary your exercise program to avoid boredom and plateaus. Meet with one of our trainers around month 3 to change your routine and keep your body/muscles surprised and constantly adapting.

Stop by the front desk or call 243-9404 to schedule an appointment.

