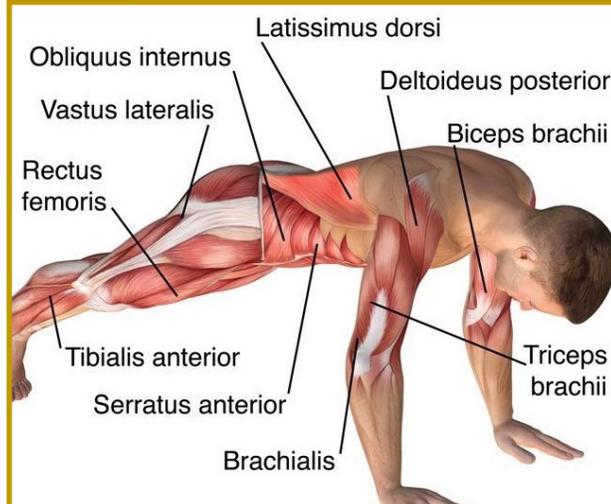


## PLANKS: THE PERFECT FULL BODY DRILL

### BUT IS YOUR FORM PERFECT? FIX THIS COMMON PLANKING MISTAKE.

Planks are an exercise everyone should consider plugging into their workout routines. Although the primary muscles used in the plank are your abdominals, they also work a number of secondary muscle groups in the mid back. The plank will improve your balance, posture, and requires absolutely no equipment. Believe it or not many people actually perform the plank incorrectly. It's thought that your body should be in a straight line from head to toe such as in example A. Even though this is working your core, there is still too much stress being put on the low back. In order to put ALL the work on your abs and less on your back, you are actually going to round your back into the "Hollow" position such as in example B. To do this, simply tuck your tailbone and focus on driving your belly button towards the ceiling. This will engage your core and take the stress off your back. This may make the exercise more challenging, but also more efficient and safe. If you feel your planking form could use some help, stop by the front desk and schedule a free appointment with a fitness specialist.

#### Plank Muscles Used



#### Incorrect



#### Correct



## DIETITIAN SERVICES

Registered Dietitian Hannah Griswold, MS, RDN, LDN can provide you with individualized nutrition education and counseling on various topics such as the following:

- Weight maintenance, weight loss, or weight gain
- Meal planning, general healthy eating, and an evaluation of current eating habits
- Reading and understanding nutrition fact labels
- Food allergies, sensitivities, and restricted diets
- Nutrition tips, meal plans, and guidelines for individuals with gastrointestinal disorders, diabetes, high cholesterol, high blood pressure or other chronic conditions
- Nutrition presentations in-person and WebEx
- Cooking demonstrations & culinary education (fees may apply)

To schedule your consultation with Hannah, call the GE Family Wellness Center (513) 853-8900.



## DIETITIAN CORNER - IS STRESS SABOTAGING YOUR DIET?

It's unavoidable. We all experience stress. Stress is actually part of a normal, healthy response. However, having too much stress can wreak havoc not only on your health, but can also sabotage your weight goals. Our body responds to stress by producing stress hormones called cortisol and adrenaline. With the demands placed on us in modern times, instead of reacting instantly to a perceived threat, our bodies are now remaining in a stressed state for an extended period of time.

Here are 5 ways stress causes you to pack on the pounds:

1. Reduces the amount of calories we burn by lowering our basal metabolic rate (BMR) placing us at risk for weight gain
2. Increases levels of insulin released, which causes blood sugar drops and cravings for sugary, fatty foods
3. Increases fat storage as cortisol causes fat to be stored in our stomach and organs (known as visceral fat) that is linked with heart disease and diabetes
4. Increases food cravings due to disrupting our hunger signals and causing the body to release sugar during stress, which causes an increased desire for high calorie foods
5. Increases food consumption as we often use food to numb our feelings of stress. Specific foods such as high fat and high sugar foods actually inhibit the activity in the brain that processes stress and related emotions

The good news is there are foods we can consume to help reduce our stress. Try choosing these foods when you are feeling stressed to help alleviate your stress and prevent sabotaging your diet:

- **Complex carbohydrates** such as wholegrain bread, pasta, oats and brown rice contain the mineral magnesium shown to relax muscles and reduce anxiety
- **Fruits and vegetables** contain B vitamins, Vitamin C and other stress-relieving antioxidants
- **Healthy fats** found in foods such as salmon, tuna, flax seeds, and walnuts lower the release of glucocorticoids (hormones released from the adrenal gland) under stressful conditions
- **Calcium-rich foods** such as low-fat milk, yoghurt, sesame seeds, kelp, cheese, leafy greens and broccoli have been shown to reduce certain symptoms such as muscle tension and anxiety

## 2018 FLU SHOT SCHEDULE

Date	Location	Time
October 15th	GE Fitness Center	6 a.m. – 4 p.m.
October 18th	Building 800 Auditorium	7 a.m. – 11 a.m.
October 19th	GE Fitness Center	6 a.m. – 4 p.m.
October 22nd	GE Fitness Center	8 a.m. – 5 p.m.
October 24th	GE Fitness Center	3 p.m. – 7 p.m.
October 30th	GE Family Wellness Center	8 a.m. – 12 p.m.
November 1st	GE Family Wellness Center	11 a.m. – 4 p.m.
November 2nd	Building 800 Auditorium	10:30 a.m. – 4:30 p.m.
November 7th	GE Family Wellness Center	12 p.m. – 4 p.m.

Free flu shots will be available to GE employees, employee spouses, dependents (16 and older), and retirees.



### GE Family Flu Clinics

GE Employees, spouses and dependents (3 and older) will be able to receive the flu vaccine.

NOTE: These are the ONLY clinic dates where children under the age of 16 can be vaccinated.

*It is preferred patients call ahead to schedule, (513) 853-8900.*

Saturdays from 8 a.m. – 12 p.m. at the GE Family Wellness Center on October 6, October 20 and November 3.

**Questions? Call the Family Wellness Center at 853-8900 or the Fitness Center at 243-9404.**