



Go Take a Hike for Better Health

As summer is winding down and fall is near, most of us are trying to spend every little bit of time we have outdoors. Hiking can benefit your health in a number of ways. It's a great form of exercise that also allows you to connect with nature improving your mood and mental health. When you are planning to hike, ensure you are training properly even if you're already reasonably fit and active. The right training will help prevent injury ensuring you're able to withstand the rigors of hiking (length, weather, terrain) and enjoy your trek that much more.

Key Areas to Focus on When Training for Hiking

Increase strength in major muscle groups, especially the legs and core muscles.

Build endurance in those same muscle groups, as well as the shoulders and lower back.

Improve your balance to create a more stable base for navigating uneven terrain.

Don't neglect cardio. Engage in aerobic activities such as trail running or biking.

Training Exercises for Hiking

Jump squats: This exercise helps develop power in your lower body & legs which are your body's hiking engine.

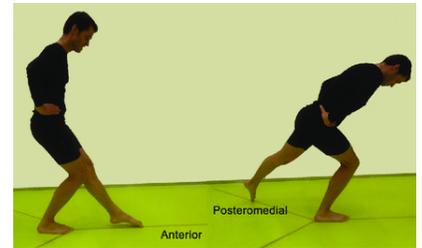
Step-ups: If jump squats are too much impact on your joints, try step-ups instead to build strength and endurance in your glutes and quad muscles.

Side plank with leg raise: This exercise aids in building core muscles such as the obliques. The addition of the leg raise helps build endurance in the muscles that move and support your hips.

Bosu ball balance exercises: Increase ankle stability by performing upper body dumbbell exercises while balancing on one foot atop the Bosu.

Hip clock exercise: This exercise helps with balance and strengthening of the hips while preventing any knee issues due to lack of stability.

If you'd like help creating a training program for hiking stop by the front desk and schedule an appointment with a Health Fitness Specialist



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 September 19th. Classes are free. You must be a fitness center member to attend.

Questions: Contact Erica, 243-9404 or Erica.millender-stevens@ge.com

Beginner	Wed. 9/11 4:30p-5p	Fri. 9/20 4:30p-5p
Intermediate	Thurs. 9/12 5p-5:30p	Fri. 9/20 5:30p-6p
Advanced	Wed. 9/18 5p-5:30p	Fri. 9/20 5p-5:30p
Flip Turns	Tues 9/10 1p-1:30p	Tues 9/10 4p-4:30p

Beginner: No previous swimming experience; learn the swimming basics: front float, back float, recovery from gliding, and novice freestyle.

Intermediate: Learn tips to make your stroke more efficient

Advanced: Learn ways to improve your technique

Flip Turns: Learn how to do a flip turn

Dietitian Corner-Diabetes Education Program

Diabetes requires daily self-management. It takes a lot of hard work, and at times it can be challenging or seem overwhelming. But the benefits are very real. The good news is you do not need to do it alone! GE provides free services to those diagnosed with pre-diabetes or diabetes. Our team, consisting of a registered dietitian, personal health advisors, pharmacists, exercise specialists, a behavioral health specialist and a primary care physician if needed, works together to create an individualized diabetes self-care plan to help manage your diabetes and live a long and healthy life.

Program Eligibility & Free Offerings:
Eligibility: Any current GE Aviation employee or spouse on GE benefits who has diabetes or pre-diabetes
5 individualized education sessions
Personalized exercise sessions designed with an exercise specialist
Opportunity to meet with the registered dietitian as needed
3 on-site blood draws per year (total cholesterol, LDL, HDL, triglycerides, blood glucose, A1c, liver function tests) with the option to have test results sent to physician(s)
Free, 3-month membership to the GE Fitness Center for new members (defined as anyone who has not been a member of the GEFC in the last 12 months)



Interested in joining or learning more about the Diabetes Programs offered at GE? Contact Program Coordinator, Hannah Griswold, MS, RDN, LDN, CDE at 243-0719 or at Hannah_Griswold@trihealth.com.

Member Spotlight—Michael Sien



What prompted your journey to good health & why did you make a change?

Believe it or not, it was my annual eye exam that forced me into action! The optometrist found a couple small broken blood vessels in my eye. He asked me how I was doing keeping my diabetes under control and reminded me that diabetic retinopathy is one of the leading causes of blindness. I knew I could do better. I had been putting off going on insulin because I didn't want to give myself shots or be dependent on insulin the rest of my life. I had heard a rumor that once you're on insulin, you will have to be on it the rest of your life. This is a myth by the way. I decided it was time to get over my fears and make a big change in my life!

How did you begin & what wellness/fitness resources did you find support from?

I'm very lucky to be working at GE Aviation who cares about their employees' health! The GE Wellness Center and Fitness Center have been my rock in this journey. I'm in the "Diabetes Education Program" where an integrated care team works with my doctors in helping me determine the best way to manage my diabetes. Whether it be through nutrition, exercise, or medical intervention this program is personalized to your needs.

How do you feel now & where are you in reaching your goals?

I feel better than I have in years! I now have the energy to go to the fitness center and work out 3 times a week! I have lost 22 pounds and have went down 4 pants sizes, but I still have a long-term goal to lose another 40 pounds. I also went back for a follow up visit to my eye doctor and found that not only have the blood vessels healed, but my eye sight has improved. Nothing beats hearing great news about your health and your eye sight getting better except maybe hearing that you dropped your A1C from 8.2 to 6.4!

What advice do you have for others who may be hesitant to start seeking a healthier lifestyle?

When you have an extremely demanding job, it's easy to let time get away from you. You become consumed in the day to day operations at the workplace and you put your needs on the back burner. You neglect good nutrition, good sleeping habits, and exercise. The next thing you know you have put on weight and you are fighting the same issues that I am fighting. Break this unhealthy cycle and make time for yourself. You are worth it, and your health is worth it! If not for you, do it for your family. You have to remember that every journey starts with one small step. Continue taking those steps and they'll turn into strides. Before you know it, you'll see big results!