

# FITEX WEEK 1

Welcome!!



## JUST FOR YOU

Self-tracking is a great way to hold yourself accountable at home and track your progress throughout your fitness journey. This can be in the form of a fitness watch to track exercise, an app on your phone, or a piece of paper on your desk. The possibilities are endless, just find what works best for you! Self-tracking is also a great way to set personalized goals that fit your needs.

## TEAM TALK

Being part of a team can provide encouragement, motivation, and connection. Do not be afraid to jump in and contribute in whatever way you can to this team.

This week, discuss with your teammates why being physically active is important to you and what motivated you to join FitEx. Tag on social media your #1 reason for joining with #FitEx # whyImove

## RECIPE OF THE WEEK

The recipe for this week is Spinach, Cheddar, Apple Salad. This is a great side dish for lunch or dinner.

Another idea is to add chicken, turkey, or another protein of choice and make this recipe the main dish. Try this recipe at home and post on your social media using the hashtags “#healthysalads” “gettingstarted”

Scan the QR code below to take you to the recipe.

## TAKING THE FIRST STEP

Congratulations on joining FitEx! You are one step closer to improving your health. Taking the first step toward a goal can be the hardest part, but you are on the right track. You can expect to receive these newsletters every week throughout the program. They will include recipes, new exercise ideas, and encouragement through a different theme each week. We suggest putting this newsletter on your fridge or at your desk to make it accessible.

