

# FITEX WEEK 2

## Minimal Time for Wellness?



### JUST FOR YOU

High intensity interval training (HIIT) workouts can be a great way to move when you are low on time. They are short intervals of intense exercise followed by an interval of recovery or low intensity exercise. These workouts can range between 10-30 minutes in length and can be done at home, outside, or the gym. Also, crock-pot recipes are readily available online and are a great way to save time on making meals.

### TEAM TALK

Discuss possible exercise moves you could do for HIIT (be creative and cover all levels of activity). Share with the team.

This week, take a photo of a healthy recipe and/or of you being active (alone, with someone else [including the dog], or with teammates). #FitEx #HIITchallenge

### RECIPE OF THE WEEK

The recipe for this week is Crockpot Beef Stew. This recipe requires minimal prep so it can be done before you leave for work and you can come home to a healthy dinner that is ready to be eaten. Try this recipe at home and post on your social media using the hashtags:

“#easymealsfordinner” and “#crockpotcooking” Scan the QR code below to take you to the recipe.

## RUNNING LOW ON TIME?

Benefits of HIIT workouts include high calorie burn in a short amount of time, lower blood pressure and blood sugar, and fat loss. Listed below are a couple of sample HIIT workouts to try at the gym, home, or outside on a nice day from Healthline:

- Using a stationary bike, pedal as hard and fast as possible for 30 seconds. Then, pedal at a slow, easy pace for two to four minutes. Repeat this pattern for 15 to 30 minutes.
- After jogging to warm up, sprint as fast as you can for 15 seconds. Then, walk or jog at a slow pace for one to two minutes. Repeat this pattern for 10 to 20 minutes.

