

FITEX WEEK 3

On the Go



JUST FOR YOU

It is possible to eat healthy while on the go. Keep an eye out for healthy options next time you are on a time crunch. Below is a list of these options at some popular fast food restaurants:

Panda Express: Grilled Teriyaki Chicken w/ super greens

Dairy Queen: Grilled Chicken BLT Salad

Taco Bell: 2 Fresco Soft Tacos with steak and black beans and rice

TEAM TALK

Most of us are extremely busy and find it difficult to fit in all the things that are important to you. Discuss with your teammates 5 ways to make time to get your body moving, even on the busiest days of the week.

Try out a teammates strategy and share with each other (and/or on social media). #FitEx #TimeforHealth

RECIPE OF THE WEEK

The recipe for this week is Apple Fruit Salad. Try making this recipe at home and throwing it in your lunchbox for a mid-day snack. Post a picture of your homemade Apple Fruit Salad on your social media using the hashtags: “#onthegosnack” and “#fruitsalad” Scan the QR code below to take you to the recipe.

NO GYM? NO PROBLEM!

Being active, whether you are traveling or have a 30 minute break at work still provides opportunity for a workout even without a gym. Go to the local park and try some of the following exercises to get your body moving.

- Squats
- Push-ups
- Jumping Jacks
- Sit-ups
- Calf Raises

OR just keep moving: play tag, take pictures of flowers or birds, make a scavenger hunt

