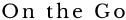
This document is for educational purposes.

FITEX WEEK 3

of WyoMING

College of Agriculture and Natural Resources Extension





JUST FOR YOU

It is possible to eat healthy while on the go. Keep an eye out for healthy options next time vou 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 midday 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 picturs of flowers or birds, make a scavenger hunt

