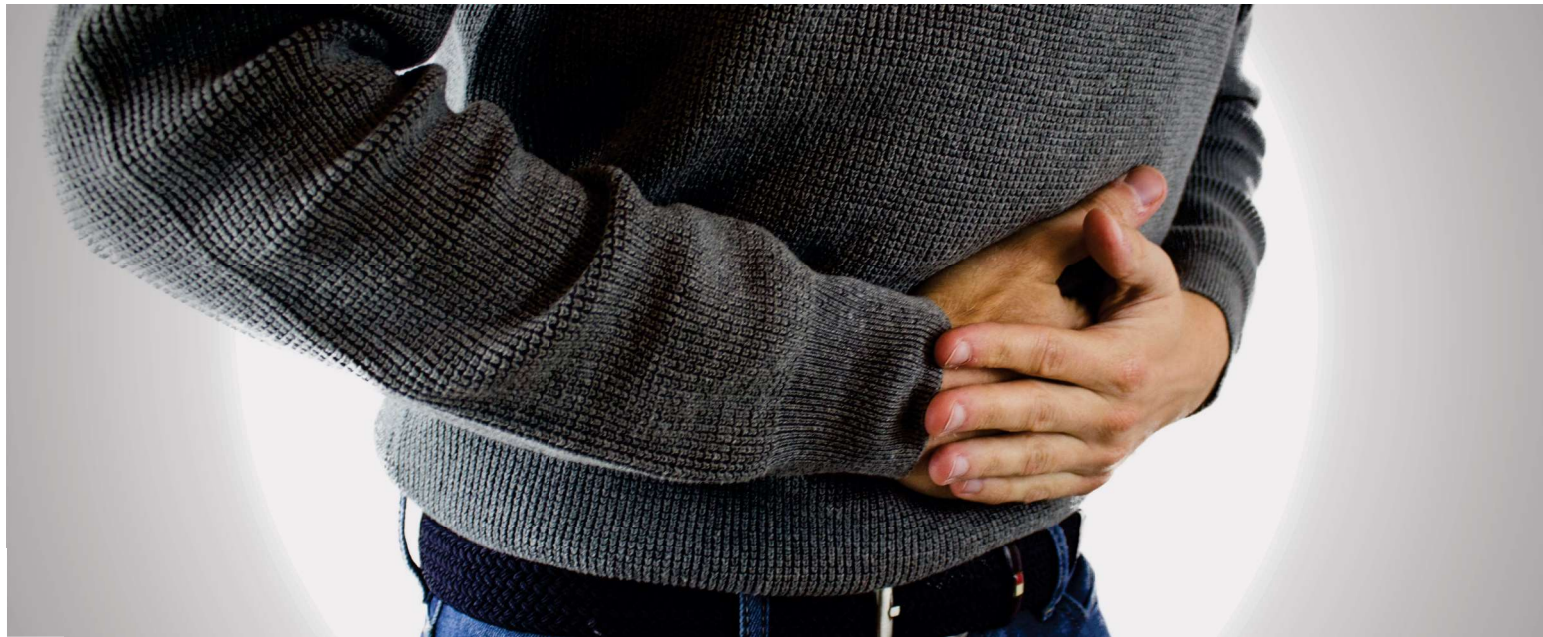


# FITEX WEEK 5

## Gut Health



### JUST FOR YOU

An upset gut can be hard to pinpoint but making small changes can make a big difference. Symptoms of an upset gut include constipation and gas, among others. A high sugar diet can contribute to an upset gut due to refined sugars leading to inflammation. Food intolerances are another possibly symptom with issues like bloating and stomach pain.

### TEAM TALK

Some people may have a more sensitive gut than others. With your teammates this week, share tips on how you keep your gut healthy.

Share one way you support others (team members or your family) when they're feeling under the weather.

#FitEx #NotAlone

### RECIPE OF THE WEEK

The recipe for this week is Fruit Chewy Cookies. Try making this recipe at home and post a picture on your social media using the hashtags: “#fruitcookies” and “#guthealthy” Scan the QR code below to take you to the recipe.

### TIPS FOR YOUR GUT

Simple steps such as eating slowly and staying hydrated can positively impact your gut. Prebiotics and probiotics are another great method to improving your gut bacteria. Lastly, there are many foods that you can eat to positively impact your gut including high fiber foods such as oats, bananas, berries and beans. However, if these simple strategies do not work for you, you may be someone who needs to speak with a healthcare professional about your gut health as well.

