

FITEX WEEK 7

Inflammation



JUST FOR YOU

Inflammation is an immune system response that can be caused by many factors. There are 2 types of inflammation. Acute inflammation is when you get a cut on your arm and it gets red, swells, or gets warm to the touch. On the other hand, chronic inflammation can have a whole body effect and can be linked to heart attack or stroke. There are markers in the blood that can test for your level of inflammation.

TEAM TALK

Now that the program is almost over, you may be wondering how the team will keep in touch...Will you still have someone to share in this health journey?

Share a strategy for continuing to support each other when the competition is over.

#FitEx #StrongerTogether

RECIPE OF THE WEEK

The recipe for this week is a Green Smoothie. Try making this recipe at home and post a picture on your social media using the hashtags: "#antiinflammatoryfoods" and "#greensmoothiesrock" Scan the QR code below to take you to the recipe.

FOODS TO LOWER INFLAMMATION

Pro-inflammatory foods include refined carbohydrates, red meat, and fried foods, so try to limit these foods in your diet. Anti-inflammatory foods that can help lower your inflammation include nuts; fatty fish, such as salmon or tuna; olive oil; fruits, such as strawberries, blueberries, and oranges; and leafy greens. The recipe of the week is a green smoothie which combines several of these anti-inflammatory foods. Try incorporating some of these anti-inflammatory foods into your diet and pay attention to how you feel.

