

# FITEX WEEK 1

Welcome!!



## JUST FOR YOU

There have never been more uncertainties in life than right now. When things start to feel out of control, it is important to realize the things in your life that you can control— how you approach your personal health. Physical activity has been one of the only remedies proven to improve inflammation, reduce stress, and improve immune efficiency. There is a physical activity out there for everyone, you just have to find the best fit for you!

## TEAM TALK

Whether you are a regular at the gym or are new to working out, it can be difficult to find the time and motivation to get moving. The good news is, in FitEx, you are not alone. You can be active together, via video chat, or just sharing goals, support, and accountability.

Take a photo of your healthy recipe this week and tag #FitEx #LoveMyVeggies



## RECIPE OF THE WEEK

The recipe for this week is Roasted Root Vegetables. This is a great fall recipe that combines wonderful spices with hardy and nutritious vegetables.

Try this recipe at home and post on your social media using the hashtags “#HealthyRecipies” “GettingStarted” Scan the QR code below to take you to the recipe!

## WELCOME OR WELCOME BACK

Welcome to the FitEx newsletters! Whether you have completed previous programs or this is your first time, you are one step closer to improving your health. Beginning your journey may seem like a big step, but it doesn't have to be if you break it down. You can expect to receive these newsletters every week throughout the program. They will include recipes, new exercise ideas, and encouragement through a different theme each week. We suggest putting this newsletter on your fridge or at your desk to make it accessible.



# FITEX WEEK 2

## Sleep



### JUST FOR YOU

Regular exercise has many benefits, including better sleep. A few ways that exercise promotes better sleep include increased relaxation, reduced anxiety, and normalizing your internal clock. Contrary to previous beliefs, doing moderate-intensity exercise within 60 to 90 minutes of bedtime does not affect one's ability to have a good night's sleep. Perfect activities do help you unwind after a long day include yoga, walking, swimming, or light weight lifting.

### TEAM TALK

Discuss possible activities that you and your team can either complete solo or together. Challenge your team to get outside their comfort zones with the activities that they choose!

This week, take a photo of yourself outside participating in your favorite outdoor fall activity #FitEx #FallFun



### RECIPE OF THE WEEK

The recipe for this week is Rice Pudding. This creamy and nutrient packed snack can be consumed at any time of the day, but science has shown if it is consumed 4 hours before bed, it can help you fall asleep quicker. The dash of cinnamon also makes this recipe a perfect light fall meal.

Scan the QR code below to take you to the recipe!

## CAN'T MAKE IT TO THE GYM?

Due to gym closings and spikes of COVID-19 in the community, it may be difficult to get to a gym. The good thing is, fall brings in cooler weather that invites you to get outside and to get moving. There is a wide range of fun and engaging activities that anyone can get involved with this season. Some great socially distanced activities that you can do this fall include biking, jogging, and walking.

If you are comfortable with your team, group activities such as hiking and playing sports are other great ways to get outside and have some fun.





# FITEX WEEK 3

## Brain Health



### JUST FOR YOU

When thinking about your health, it is important to realize that mental health is equally important to physical health. Choosing the right foods can have a tremendously positive impact on the relationship between your gut and brain. Having a diet full of prebiotics, probiotics, fiber, and omega-3 fats will be beneficial in healing your gut biome and improving your brain's control over your feelings and emotions.

### TEAM TALK

It is important to talk about mental health with friends and family, especially during a global pandemic. With your team, talk about what each of your favorite brain boosting foods are and your favorite way to enjoy them.

Try out a teammate's favorite brain boosting food and share with each other (and/or on social media). #FitEx #SpreadingPositivity



### RECIPE OF THE WEEK

The recipe for this week is a Berry Purple smoothie. Blueberries contain antioxidants that can help prevent brain aging and neurodegenerative diseases.

Post a picture of your dish on your social media using the hashtags: “#BerriesForTheBrain” and “#BrainHealth” Scan the QR code below to take you to the recipe!

## TIPS FOR LONLINESS

It easy to feel alone at times, either in your health and fitness journey or in life in general. It is crazy to think while social media can bring us together, it can also make us feel more distant than ever. Since it isn't as easy to meet up with people in person, try these tips to fight back those feelings of loneliness:

- Facetime a friend or family member
- Get a pet you know you can care for
- Find a new hobby or passion (painting, writing, running)
- Take a break from social media (read or watch a movie instead)
- Journal your thoughts and experiences



# FITEX WEEK 4

## Soreness



### JUST FOR YOU

When you're just beginning your fitness journey, it is very common to experience muscle soreness in the days following a challenging workout. It is important to know that it is completely normal and does not mean you are doing anything wrong. Some tips to minimize soreness include stretching before and after working out, warming up/cooling down, staying hydrated, and regular exercise. You got this!

### TEAM TALK

Talk with your team about an exercise that you did that had you feeling extra sore after. Did you like how the workout made you feel? Would you do anything differently next time?

Tell your team and/or post on social media the tips to minimize soreness that you are going to implement into your daily workout routine



#FitEx #LookGood  
#FeelGood

### RECIPE OF THE WEEK

The recipe for this week is Black Bean Stuffed Peppers. This recipe is packed with vegetarian protein and flavor.

Try making this recipe at home and post a picture on your social media using the hashtags: "#StuffedPeppers" and "#FoodWithFlavor" Scan the QR code below to take you to the recipe.

## WHY DO WE GET SORE?

It is common to feel sore after trying a new activity or kicking up the intensity of a workout. Changing the ways you move to something your body isn't used to results in tiny injuries in your muscle fibers and connective tissue. This is the process your body goes through to strengthen your muscles to prepare for future strain. Peak soreness typically occurs 48 hours after the activity. Soreness does not have to stop you from working out, but knowing the right level of intensity to push yourself will be important in avoiding injury.





# FITEX WEEK 5

## Feeling Stuck?



### JUST FOR YOU

Motivation to get up and get active does not always come easy. It is common to feel stuck in a routine that you are not satisfied with. Finding activities that you are both intrinsically and extrinsically motivated to do will help you stick to your goals and vision for yourself. Picking an activity that you genuinely enjoy will help make being active more of a hobby and less of a chore.

### TEAM TALK

This week, talk with your team about ways that you can help motivate each other throughout this program and in life. Name a couple things that you are going to incorporate this week into your routine, whether it be a new recipe or new activity.

Share a picture of your recipe this week and tag us in the picture! #FitEx #HealthyEating



### RECIPE OF THE WEEK

The recipe for this week is Sausage, Bean, and Kale Soup. This hearty soup is a great one pot meal for these cooler fall days. Share with your family and friends or save some for left overs!

Try making this recipe at home and post a picture on your social media using the hashtags:

“#VeggieSoup” &  
“#OnePotMeal”

Scan the QR code below to take you to the recipe.

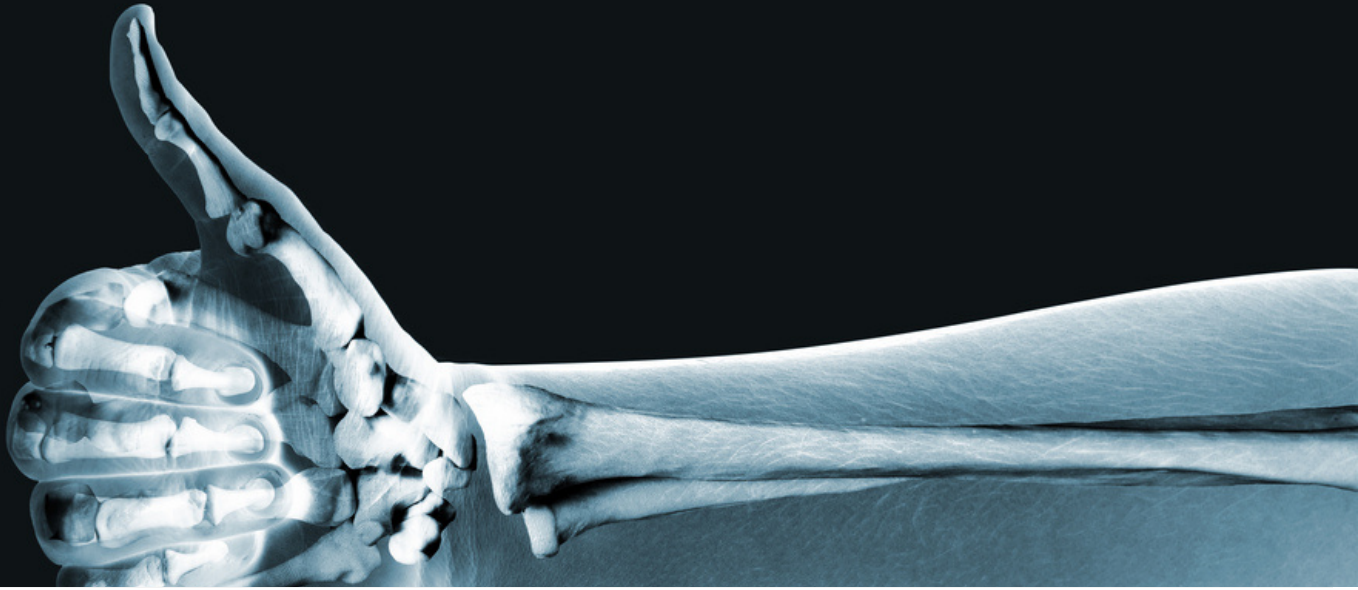
## HOW TO MAKE BEING ACTIVE FUN

Here are the top way to get yourself excited about moving your body in ways to improve your health, happiness, and overall wellbeing!

- Make or find a playlist with your favorite pump-up songs
- Take a class with an instructor who you admire
- Get competitive- grab a friend and make a challenge with a prize
- Workout in the morning to start your day on a good note
- Focus on how you feel after working out, not how you look
- Try something out of your comfort zone



## Bone Health



### JUST FOR YOU

Maintaining proper bone health is very important for one's wellbeing because bones are the foundation of support and movement.

Bones are responsible for protecting our brains, hearts, and other internal organs. There are many nutritional and lifestyle choices that enable you to build strong and healthy bones. If you do not take sufficient care for your bones, they can become weak and brittle, making them more susceptible to breaks.



### TEAM TALK

Bone health is often overlooked when it comes to health topics. Discuss with your teammates this week how you keep your bones healthy, whether it's through exercise, foods, or both.

Share a high-impact or strength activity you did this week to strengthen your bones.

#FitEx #MyHealthyBones

### RECIPE OF THE WEEK

The recipe for this week is Tuna Noodle Casserole.

Tuna is an affordable source of vitamin D and broccoli is super rich in calcium.

Try making this recipe at home and post a picture on your social media using the hashtags:

“#BoneHealth”  
and “#MealTime”

Scan the QR code below to take you to the recipe.

### BONE HEALTH TIPS

There are many choices you can make in your day-to-day life to help protect and strengthen your bones. Eating foods rich in calcium and vitamin D, getting plenty of exercise, and having good health habits are just a couple of the ways you can benefit.

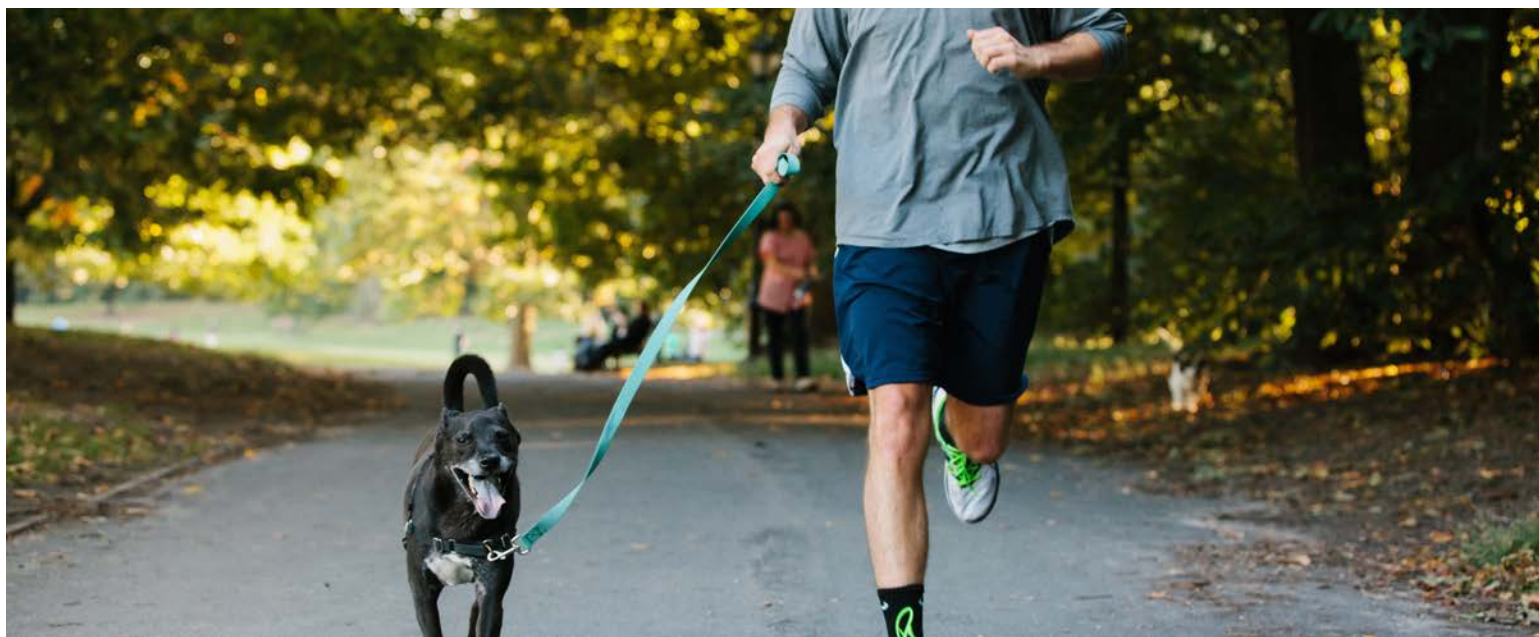
Some foods high in calcium include nuts, beans/legumes, and green leafy vegetables. Vitamin D is important to consume with calcium because it aids in absorption. Good sources of Vitamin D include sunlight exposure and the consumption of fatty fish, liver, and cheese. Great exercises to promote bone health include strength training, which promotes the formation of new bone. Stay tuned for week 8 for more tips regarding strength training.





# FITEX WEEK 7

## Cardio



### JUST FOR YOU

Cardio is definitely considered a form of exercise people typically claim that they either love or hate. Whether you love it or hate it, cardio is an essential component of your activity requirements. Cardio has been shown to improve cardiovascular health, lower blood sugar, reduce chronic pain, regulate weight and so much more. Good news? It is easily accessible and affordable for nearly everyone.



### TEAM TALK

Although this program is almost over, it is important remember the healthy habits that you have formed along the way. Chat with your team about ways that you are going to continue to motivate and support each other after the program terminates.

Share a picture with your team and/or on social media of you participating in your favorite form of cardio. #FitEx #WinningAtCardio

### RECIPE OF THE WEEK

The recipe for this week is Apple Raisin Bran Muffins. These muffins serve as a great source of whole-grain carbohydrates that will keep you fueled and energized throughout your cardio workouts. Try making this recipe at home and post a picture on your social media using the hashtag: #FoodForFuel Scan the QR code below to take you to the recipe.

## GET UP AND MOVE

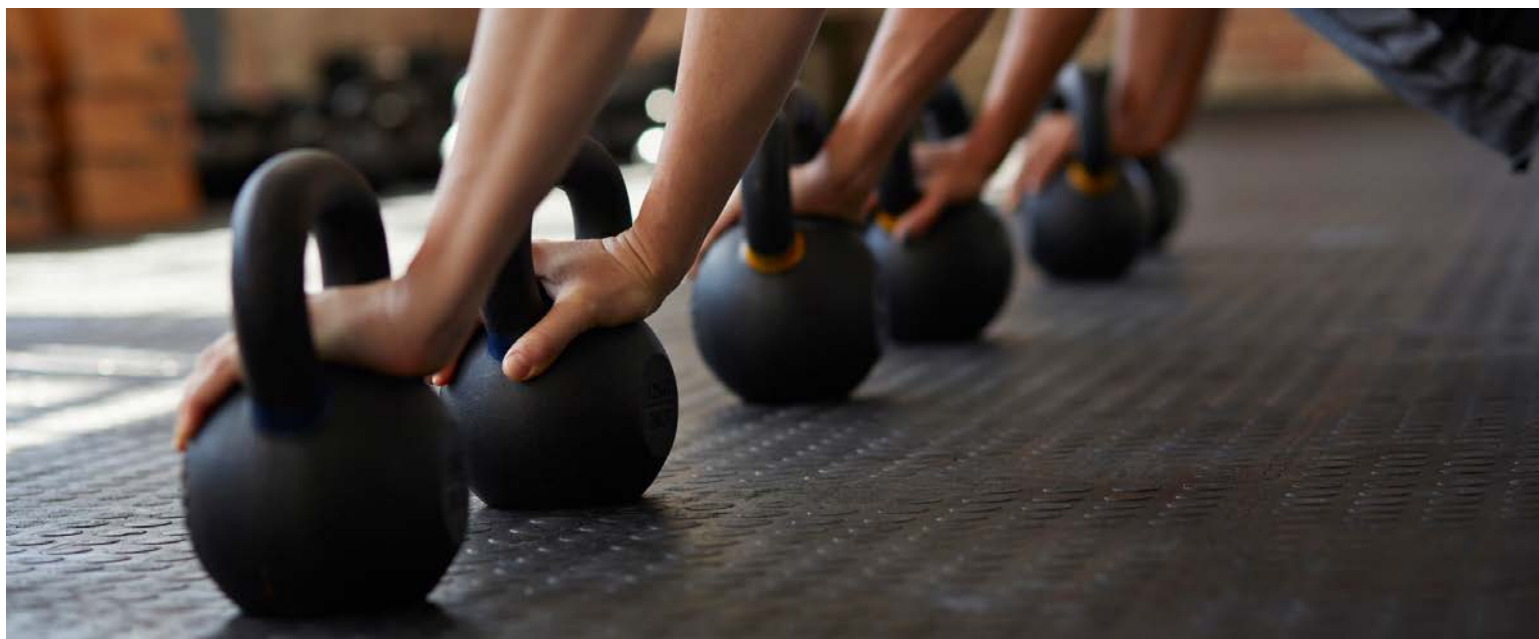
According to the American Health Association, most people should aim to get around 30 minutes of moderate cardiovascular activity at least five days each week. Here are two options for a 30 min cardio workout depending on current fitness level that can make the time fly by.

- Pick a cardio (On foot, biking, swimming, HIIT, etc.)
- Warm up at moderate intensity for 5 minutes
  - 1) 30 sec. high intensity / 30 sec. of low intensity X 20
  - 2) 45 sec of high intensity / 15 sec. low intensity X 20
- Cool down at moderate intensity for 5 minutes and stretch



# FITEX WEEK 8

## Strength Training



### JUST FOR YOU

Strength training, also known as resistance or weight training, is very effective at building muscle strength and endurance. You do not need to go to a gym in order to strength train; it is a versatile type of workout that you can do almost anywhere. All you need is some form of resistance in the form of body weight, free weights, and/or resistance bands. There are a plethora of benefits that come from strength training.



### TEAM TALK

While it may be the end of the program, it is not the end of your fitness journey. Talk with your team about the highs and lows that you have felt throughout this challenge. You all have made the commitment to betterment, and we hope that you continue to get in your activity, fruits, and veggies.

Share a story of why you decided to join the FitEx community and what you got out of the program  
#FitEx #LessonsLearned

### RECIPE OF THE WEEK

The recipe for this week is Quick Chili Con Carne. This protein packed recipe is perfect for a chilly fall day.

Try making this recipe at home and post a picture on your social media using the hashtags:  
"#FallMeals"  
and "#ProteinPacked"  
Scan the QR code below to take you to the recipe.

### WORKOUTS AT HOME

When strength training at home, it is important to find a comfortable area with enough space for you and your equipment. When first getting started, give yourself 5-10 minutes to get warmed up and to increase your heart rate. Some great body weight movements include squats, lunges, calf raises, planks, pushups, and arm circles. If you don't feel comfortable with creating your own workout or do not know where to begin, do not be discouraged! Apps such as Nike Training Club or websites such as YouTube are full of free, trainer led workouts that demonstrate correct form and make sure you feel the burn. Working out with members of your team is also another great way to stay engaged and motivated.

