

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.

