

# 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.

