

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

