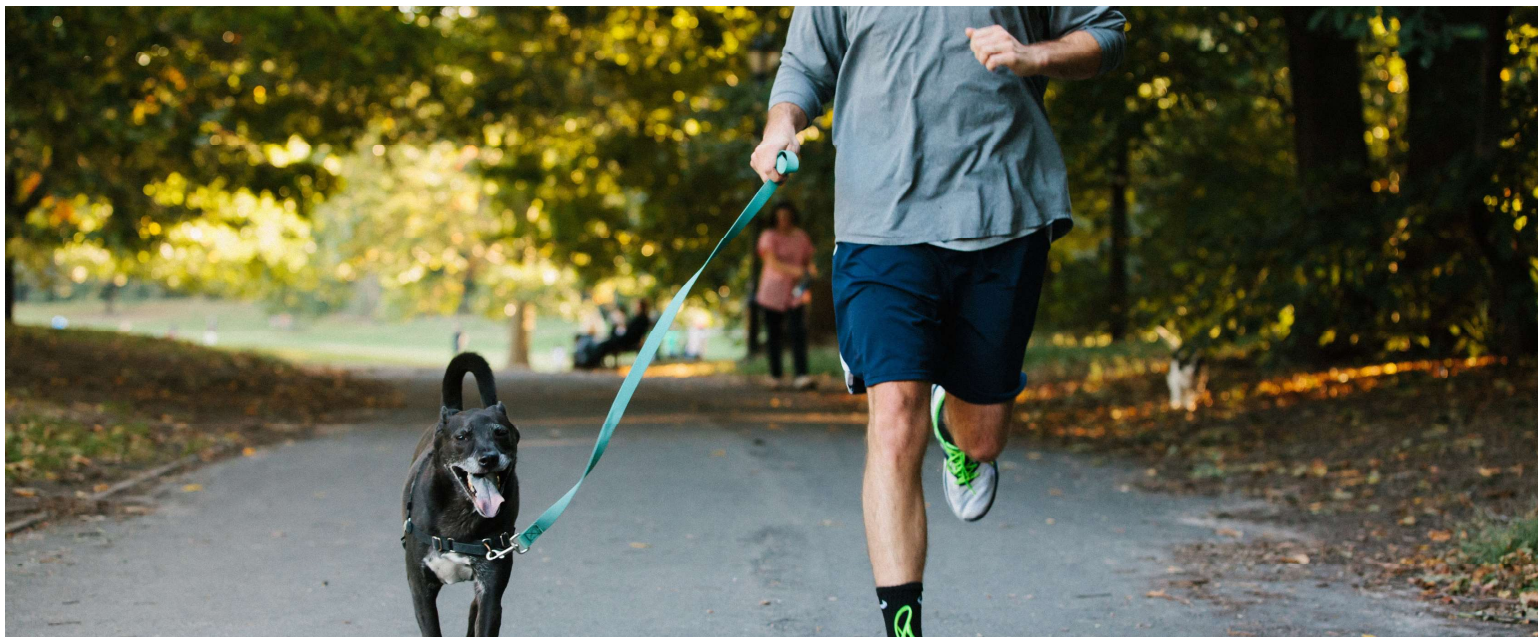


# FITEX WEEK 7

## 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

