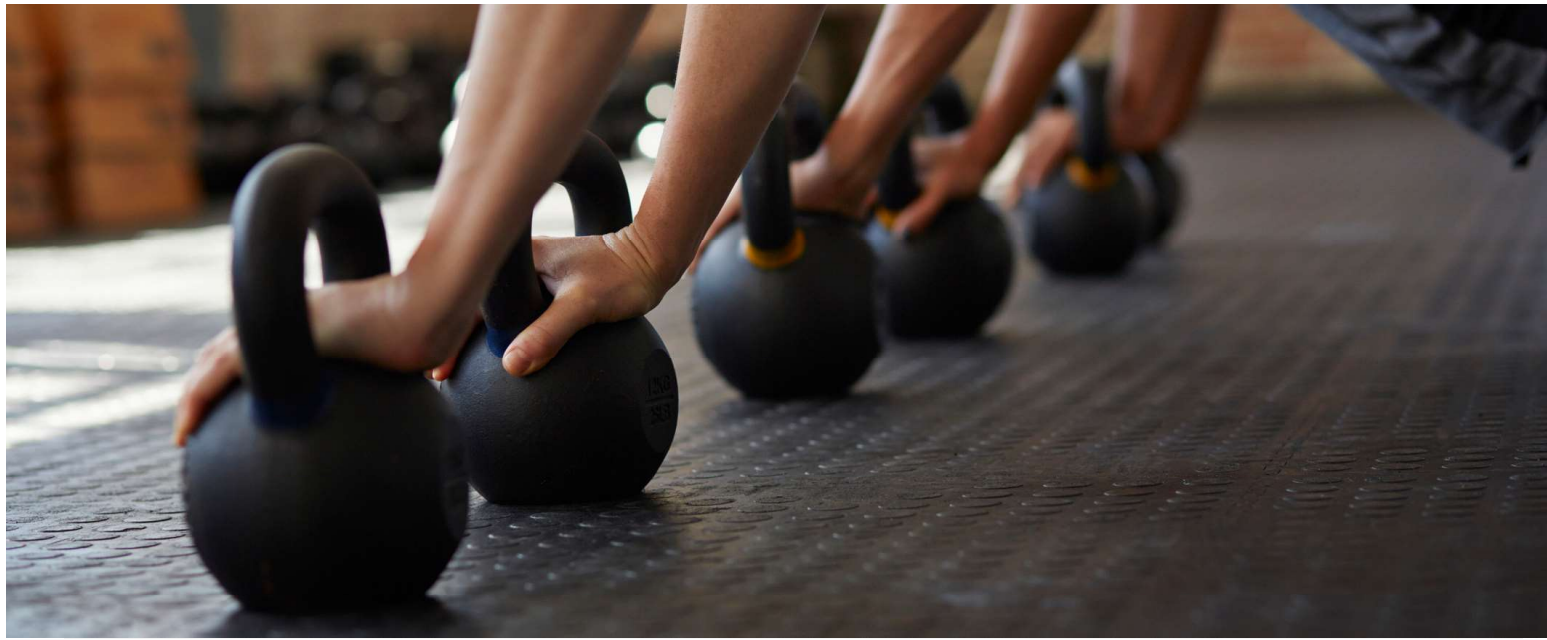


FITEX WEEK 8

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.

