

FITEX WEEK 1

Welcome!!



JUST FOR YOU

There have never been more uncertainties in life than right now. When things start to feel out of control, it is important to realize the things in your life that you can control— how you approach your personal health. Physical activity has been one of the only remedies proven to improve inflammation, reduce stress, and improve immune efficiency. There is a physical activity out there for everyone, you just have to find the best fit for you!

TEAM TALK

Whether you are a regular at the gym or are new to working out, it can be difficult to find the time and motivation to get moving. The good news is, in FitEx, you are not alone. You can be active together, via video chat, or just sharing goals, support, and accountability.

Take a photo of your healthy recipe this week and tag #FitEx #LoveMyVeggies



RECIPE OF THE WEEK

The recipe for this week is Spaghetti Squash and Meatballs. This is a great winter recipe that combines protein and nutritious veggies.

Try this recipe at home and post on your social media using the hashtags “#HealthyRecipes” “GettingStarted” Scan the QR code below to take you to the recipe!

WELCOME OR WELCOME BACK

Welcome to the FitEx newsletters! Whether you have completed previous programs or this is your first time, you are one step closer to improving your health. Beginning your journey may seem like a big step, but it doesn't have to be if you break it down. You can expect to receive these newsletters every week throughout the program. They will include recipes, new exercise ideas, and encouragement through a different theme each week. We suggest putting this newsletter on your fridge or at your desk to make it accessible.

