

FITEX WEEK 2

Winter Exercise



JUST FOR YOU

Regular exercise and outdoor activities both have many benefits. Getting outside in the sun can help mitigate effects of seasonal affective disorder and make you feel better mentally and physically. Planning is key when getting outside in the winter, think about layers so that as you warm-up you can adjust your clothing. Think about fun winter activities that also count as aerobic activity—skiing, snowshoeing, and more!

TEAM TALK

Discuss possible activities that you and your team can either complete solo or together outside. Challenge your team to get outside their comfort zones with the activities that they choose!

This week, take a photo of yourself outside participating in your favorite outdoor winter activity #FitEx #WinterFitness



RECIPE OF THE WEEK

The recipe for this week is Butternut Squash and Apple Soup. Packed with healthy vegetables and flavors, this nourishing soup can be enjoyed at any time of day, but would make an excellent and wholesome lunch meal. Pair with a whole grain roll to get more whole grains into your day!

Scan the QR code below to take you to the recipe!

CAN'T MAKE IT TO THE GYM?

Even if you don't have a gym nearby or an indoor activity you love, you can get moving outside. There is a wide range of fun and engaging activities that anyone can get involved with this season. Some great activities that you can do this winter include cross country skiing, ice skating, or even building a igloo.

If you are comfortable with your team, group activities such as hiking and biking are other great ways to get outside and have some fun.

