

FITEX WEEK 3

Emotional Health



JUST FOR YOU

When thinking about your health, it is important to realize that emotional health is equally important to physical health. In the winter, with decreases in sunlight and the changes in the seasons, seasonal affective disorder (SAD) can cause low energy, weight gain, and tiredness. You can combat SAD by keeping active, getting outside in the sun, practicing mindfulness, and other relaxation techniques.

TEAM TALK

It is important to talk about emotional health with friends and family, especially during winter.

With your team, talk about what each of your favorite mood boosting foods are and your favorite way to enjoy them.

Try out a teammate's favorite mood boosting food and share with each other (and/or on social media). #FitEx
#SpreadingPositivity



RECIPE OF THE WEEK

The recipe for this week is a Crustless Quiche. This protein- and veggie-packed dish is the ultimate breakfast to get you moving and active in the morning.

Post a picture of your dish on your social media using the hashtags:

“#CrustlessQuiche”
Scan the QR code below to take you to the recipe!

TIPS FOR SADNESS

It is easy to feel sad or lonely at times, either in your health and fitness journey or in life in general. When you need to boost your mood and feel connected with others, try these tips to fight back those feelings of sadness:

- Take a long-distance walk with a friend or family member: Talk over the phone with someone who you haven't seen in a while
- Get a pet you know you can care for - walking the dog helps you get outside more!
- Try a new outdoor activity - if you normally downhill ski, try crosscountry skiing!

