

# FITEX WEEK 5

## Feeling Stuck?



### JUST FOR YOU

Motivation to get up and get active does not always come easy. It is common to feel stuck in a routine that you are not satisfied with. Finding activities that you are both intrinsically and extrinsically motivated to do will help you stick to your goals and vision for yourself. Picking an activity that you genuinely enjoy will help make being active more of a hobby and less of a chore. Everyone's version of exercise looks different, find what fits you!



### TEAM TALK

This week, talk with your team about ways that you can help motivate each other throughout this program and in life. Name a couple things that you are going to incorporate this week into your routine, whether it be a new recipe or new activity.

Share a picture of your recipe this week and tag us in the picture! #FitEx #HealthyEating

### RECIPE OF THE WEEK

The recipe for this week is Delicata Squash and Walnuts. If you don't like walnuts, try subbing in a different nut!

Try making this recipe at home and post a picture on your social media using the hashtags  
“#SavorySquash”  
Scan the QR code below to take you to the recipe.

## HOW TO MAKE BEING ACTIVE FUN

Here are the top way to get yourself excited about moving your body in ways to improve your health, happiness, and overall wellbeing!

- Make or find a playlist with your favorite pump-up songs
- Take a class with an instructor who you admire
- Group up! Find some like-minded people to workout together
- Workout in the morning to start your day on a good note
- Focus on goals like gaining strength or endurance
- Try something new and different

