

# FITEX WEEK 1

Welcome!!



## JUST FOR YOU

Self-tracking is a great way to hold yourself accountable at home and track your progress throughout your fitness journey. This can be in the form of a fitness watch to track exercise, an app on your phone, or a piece of paper on your desk. The possibilities are endless, just find what works best for you! Self-tracking is also a great way to set personalized goals that fit your needs.

## TEAM TALK

Being part of a team can provide encouragement, motivation, and connection. Do not be afraid to jump in and contribute in whatever way you can to this team.

This week, discuss with your teammates why being physically active is important to you and what motivated you to join FitEx. Tag on social media your #1 reason for joining with #FitEx # whyImove

## RECIPE OF THE WEEK

The recipe for this week is Spinach, Cheddar, Apple Salad. This is a great side dish for lunch or dinner.

Another idea is to add chicken, turkey, or another protein of choice and make this recipe the main dish. Try this recipe at home and post on your social media using the hashtags “#healthysalads ☺” “gettingstarted”

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

## TAKING THE FIRST STEP

Congratulations on joining FitEx! You are one step closer to improving your health. Taking the first step toward a goal can be the hardest part, but you are on the right track. 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.





# FITEX WEEK 2

## Minimal Time for Wellness?



### JUST FOR YOU

High intensity interval training (HIIT) workouts can be a great way to move when you are low on time. They are short intervals of intense exercise followed by an interval of recovery or low intensity exercise. These workouts can range between 10-30 minutes in length and can be done at home, outside, or the gym. Also, crock-pot recipes are readily available online and are a great way to save time on making meals.

### TEAM TALK

Discuss possible exercise moves you could do for HIIT (be creative and cover all levels of activity). Share with the team.

This week, take a photo of a healthy recipe and/or of you being active (alone, with someone else [including the dog], or with teammates). #FitEx #HIITchallenge

### RECIPE OF THE WEEK

The recipe for this week is Crockpot Beef Stew. This recipe requires minimal prep so it can be done before you leave for work and you can come home to a healthy dinner that is ready to be eaten. Try this recipe at home and post on your social media using the hashtags: “#easymealsfordinner” and “#crockpotcooking” Scan the QR code below to take you to the recipe.

## RUNNING LOW ON TIME?

Benefits of HIIT workouts include high calorie burn in a short amount of time, lower blood pressure and blood sugar, and fat loss. Listed below are a couple of sample HIIT workouts to try at the gym, home, or outside on a nice day from Healthline:

- Using a stationary bike, pedal as hard and fast as possible for 30 seconds. Then, pedal at a slow, easy pace for two to four minutes. Repeat this pattern for 15 to 30 minutes.
- After jogging to warm up, sprint as fast as you can for 15 seconds. Then, walk or jog at a slow pace for one to two minutes. Repeat this pattern for 10 to 20 minutes.



# FITEX WEEK 3

On the Go



## JUST FOR YOU

It is possible to eat healthy while on the go. Keep an eye out for healthy options next time you are on a time crunch. Below is a list of these options at some popular fast

food restaurants:

Panda Express: Grilled Teriyaki Chicken w/ super greens

Dairy Queen: Grilled Chicken BLT Salad

Taco Bell: 2 Fresco Soft Tacos with steak and black beans and rice

## TEAM TALK

Most of us are extremely busy and find it difficult to fit in all the things that are important to you. Discuss with your teammates 5 ways to make time to get your body moving, even on the busiest days of the week.

Try out a teammates strategy and share with each other (and/or on social media). #FitEx #TimeforHealth

## RECIPE OF THE WEEK

The recipe for this week is Apple Fruit Salad. Try making this recipe at home and throwing it in your lunchbox for a mid-day snack. Post a picture of your homemade Apple Fruit Salad on your social media using the hashtags: “#onthegosnack” and “#fruitsalad” Scan the QR code below to take you to the recipe.

## NO GYM? NO PROBLEM!

Being active, whether you are traveling or have a 30 minute break at work still provides opportunity for a workout even without a gym. Go to the local park and try some of the following exercises to get your body moving.

- Squats
- Push-ups
- Jumping Jacks
- Sit-ups
- Calf Raises

OR just keep moving: play tag, take pictures of flowers or birds, make a scavenger hunt





# FITEX WEEK 4

## Stress Management



### JUST FOR YOU

There are many ways to manage your stress. Many breathing techniques can be found online such as inhaling for 3 seconds, holding for 1 second, and exhaling for 3 seconds. A stressed out gut is also problematic. However, gut bacteria can produce molecules that positively impact your mood. Probiotics are a great way to support gut health which can be found in the recipe of the week!

### TEAM TALK

Discuss and share stress reduction tips with team members. Maybe it's taking time for a couple deep breaths each time you are overwhelmed or practicing meditation. You may be surprised at how simple steps can make a big difference.

Report one small step you made for stress reduction this week.

#FitEx #SmallSteps

### RECIPE OF THE WEEK

The recipe for this week is Yogurt Fruit Crunch. Try making this recipe at home and post a picture on your social media using the hashtags: “#yogurtparfait” and “#foodforstress” Scan the QR code below to take you to the recipe.

## TIPS ON MANAGING STRESS

Exercise is a great way to manage your stress and any form of exercise can provide this benefit. Walking, yoga, strength training, and cycling are a few great examples, but find what works best for you and provides the most enjoyment. Practicing gratitude also may help with your stress. Try thinking of one thing each day that you are thankful for and before you know it, you will remember the positive things in your life and your stress level may be reduced. In addition, meditation, which comes in many different forms, is another great way to manage your stress, try some out and find what works best for you!





# FITEX WEEK 5

## Gut Health



### JUST FOR YOU

An upset gut can be hard to pinpoint but making small changes can make a big difference. Symptoms of an upset gut include constipation and gas, among others. A high sugar diet can contribute to an upset gut due to refined sugars leading to inflammation. Food intolerances are another possibly symptom with issues like bloating and stomach pain.

### TEAM TALK

Some people may have a more sensitive gut than others. With your teammates this week, share tips on how you keep your gut healthy.

Share one way you support others (team members or your family) when they're feeling under the weather.

#FitEx #NotAlone

### RECIPE OF THE WEEK

The recipe for this week is Fruit Chewy Cookies. Try making this recipe at home and post a picture on your social media using the hashtags: “#fruitcookies” and “#guthealthy” Scan the QR code below to take you to the recipe.

### TIPS FOR YOUR GUT

Simple steps such as eating slowly and staying hydrated can positively impact your gut. Prebiotics and probiotics are another great method to improving your gut bacteria. Lastly, there are many foods that you can eat to positively impact your gut including high fiber foods such as oats, bananas, berries and beans. However, if these simple strategies do not work for you, you may be someone who needs to speak with a healthcare professional about your gut health as well.





# FITEX WEEK 6

## Heart Health



### JUST FOR YOU

Most people have been affected directly or indirectly by heart disease - the #1 cause of death in the world. The good news is that exercise is the #1 modifiable health behavior that may decrease risk for heart disease and also helps with heart disease management. Stress is a negative influence on your heart, so find ways to lower your stress to protect your heart (revisit Week 4 for more tips on stress reduction).

### TEAM TALK

Heart health is very important. Discuss with your teammates this week how you keep your heart healthy whether through exercise, foods, or both. If you feel comfortable, share a story about how heart disease has affected your life.

Share a recipe or activity you did this week to strengthen your heart.

#FitEx #MyHealthyHeart

### RECIPE OF THE WEEK

The recipe for this week is Salmon Patties. Try making this recipe at home and post a picture on your social media using the hashtags: “#hearthealthyrecipes” and “#foodfortheheart” Scan the QR code below to take you to the recipe.

## HEART HEALTHY FOODS

There are many heart healthy foods that are easy to incorporate into your diet. First, in moderation, chocolate and wine are good for your heart in moderation due to the antioxidants with the function of increasing your good cholesterol and lowering your bad cholesterol as well as improving your blood clotting. Other heart healthy foods include salmon and avocado because they contain healthy fats. Don't forget the old standbys of nuts (such as walnuts and almonds) that are heart healthy due to their fiber content.





# FITEX WEEK 7

## Inflammation



### JUST FOR YOU

Inflammation is an immune system response that can be caused by many factors. There are 2 types of inflammation. Acute inflammation is when you get a cut on your arm and it gets red, swells, or gets warm to the touch. On the other hand, chronic inflammation can have a whole body effect and can be linked to heart attack or stroke. There are markers in the blood that can test for your level of inflammation.

### TEAM TALK

Now that the program is almost over, you may be wondering how the team will keep in touch...Will you still have someone to share in this health journey?

Share a strategy for continuing to support each other when the competition is over.

#FitEx #StrongerTogether

### RECIPE OF THE WEEK

The recipe for this week is a Green Smoothie. Try making this recipe at home and post a picture on your social media using the hashtags: “#antiinflammatoryfoods” and “#greensmoothiesrock” Scan the QR code below to take you to the recipe.

## FOODS TO LOWER INFLAMMATION

Pro-inflammatory foods include refined carbohydrates, red meat, and fried foods, so try to limit these foods in your diet. Anti-inflammatory foods that can help lower your inflammation include nuts; fatty fish, such as salmon or tuna; olive oil; fruits, such as strawberries, blueberries, and oranges; and leafy greens. The recipe of the week is a green smoothie which combines several of these anti-inflammatory foods. Try incorporating some of these anti-inflammatory foods into your diet and pay attention to how you feel.



# FITEX WEEK 8

## You Want Me to Drink What?



### JUST FOR YOU

Water provides lubrication to the joints, gets rid of waste through urination, sweating, and defecation; and plays a role in regulating your body temperature. It is recommended that men drink 3.7 liters of water per day and women drink 2.7 liters of water per day. Here is a tip to track your water intake: use the same water bottle, calculate how many times you should refill it and put that number of rubber bands around the middle of the bottle - when you finish the bottle, move a band to the top.

### TEAM TALK

By this time, participants usually share that they were surprised about *something* throughout this program. Maybe you learned that Monday is your best fruit/vegetable consumption day and Friday is your worst. Maybe you learned that your office mate loves Brussels sprouts and Zumba as much as you do. Share what you learned throughout this journey: #FitEx #LessonsLearned

### RECIPE OF THE WEEK

The recipe for this week is Fruit Infused Water. The website includes several recipes so find one with your favorite fruits or try all of them. Try making this recipe at home and post a picture on your social media using the hashtags: “#fruitinfusedwater” and “#hydrationiskey” Scan the QR code below to take you to the recipe.

## HYDRATING IN THE HEAT

You always want to avoid dehydration, but especially in the heat. There are two easy ways to tell if you are dehydrated: (1) your urine will be dark yellow and/or cloudy and (2) if you are thirsty, you may already be dehydrated. For reference, urine should be a pale yellow. If exercising in very hot temperatures or for more than 1 hour, drinking a sports drink will replace electrolytes and fluids lost. For low to moderate activities, water is a great choice for pre-, during, and post-exercise. Always remember to rehydrate after exercise to replenish what you lost during exercise.

