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FITEX WEEK 1

Welcome!!

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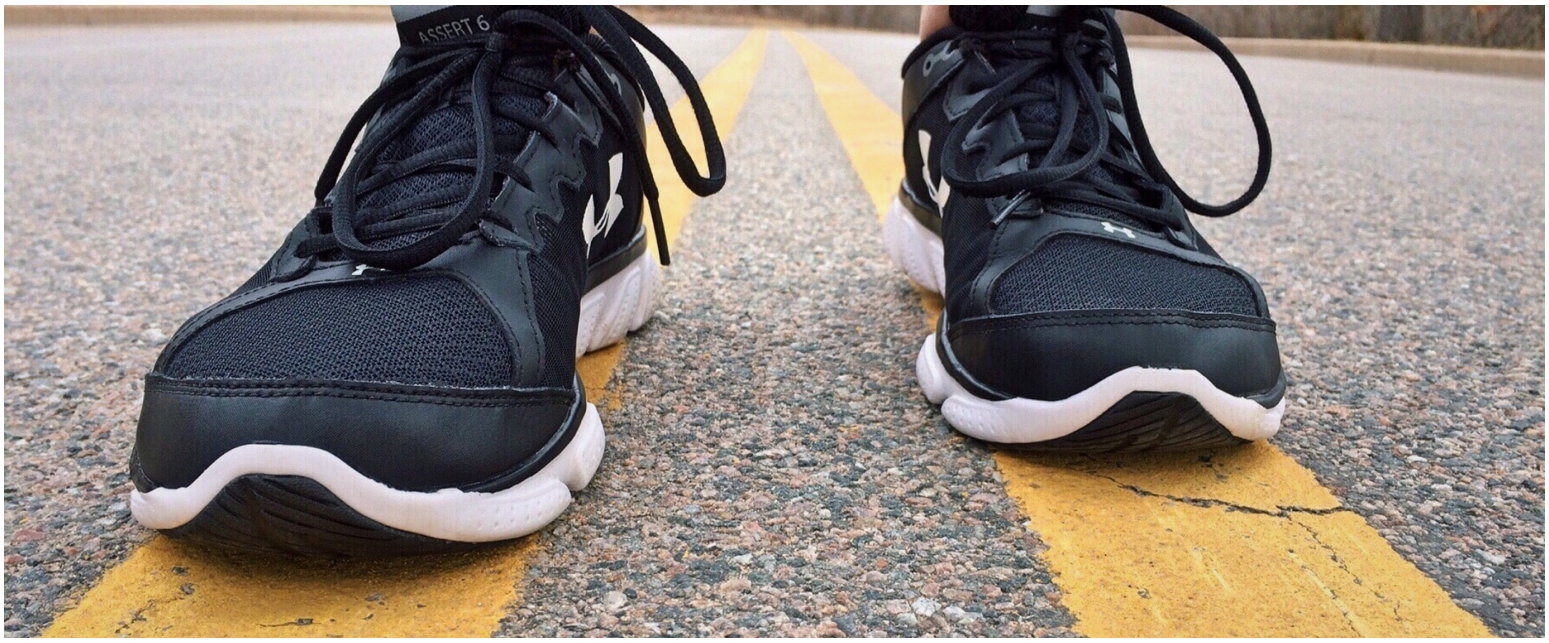
Virginia Tech • Virginia State University



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 "#HealthyRecipies" "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.

REFERENCES:
HTTPS://WWW.EXERCISEISMEDICINE.ORG/SUPPORT_PAGE.PHP/STORIES/?B=912
HTTPS://WWW.WELLANDGOOD.COM/ZOOM-WORKOUTS/

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FITEX WEEK 2

Winter Exercise

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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.

REFERENCES:
HTTPS://WWW.TODAY.COM/SERIES/ONE-SMALL-THING/HOW-STAY-ACTIVE-WINTER-11-WINTER-WORKOUT-TIPS-EXERCISING-COLD-T169615

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FITEX WEEK 3

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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 #SpeadingPositivity

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 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!

REFERENCES:
HTTPS://WWW.MAYOCLINIC.ORG/DISEASES-CONDITIONS/SEASONAL-AFFECTIVE-DISORDER/DIAGNOSIS-TREATMENT/DRC-20364722

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FITEX WEEK 4

Hydration

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JUST FOR YOU

It is important to stay hydrated even in the cooler months. Your body loses water through breathing and other bodily functions, just like it does in the summer; however, many people don't think to hydrate as much since they aren't sweating. Remember people still need approximately 90-120 ounces of water per day to stay well hydrated. Everyone's goal will be a little different, but remember to drink up!

TEAM TALK

Talk with your team about your favorite ways to drink water and stay hydrated. Do you like fruit-infused water? Do you set reminders in your planner or electronic devices to drink water? Learn about different techniques your teammates use to stay hydrated this winter!

Tell your team and/or post on social media your favorite ways to drink water using the hashtags:

#FitEx #StayHydrated

RECIPE OF THE WEEK

The recipe for this week is our Green Smoothie. Also known as our "Green Monster Smoothie," this drink is packed with healthy ingredients to help you get the most nutrients into your day.

Try making this recipe at home and post a picture on your social media using the hashtags:
"#GreenSmoothie"
and "#DrinkYourGreens"
Scan the QR code below to take you to the recipe.

TIPS TO STAY HYDRATED

Remembering to stay hydrated can be difficult. Below are some tips to help drink more water through the cooler months.

- Drink hot beverages to help you warm up while you get your fluid intake. Non-caffienated teas, hot chocolate, and warm cider feel seasonal and keep you hydrated.
- Mark your water bottle with amounts you want to drink before different times of the day.
- Use a reusable straw to make taking a sip as easy as possible - you don't need to even unscrew a bottle top!

REFERENCES:
HHTTPS://WWW.FORBES.COM/SITES/NOMANAZISH/2019/01/31/FIVE-SIMPLE-AND-SMART-WAYS-TO-STAY-HYDRATED-IN-WINTER/?SH=6BBBDA8B7C1E

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FITEX WEEK 5

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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

REFERENCES: HTTPS://WWW.HEALTHLINE.COM/HEALTH/HOW-TO-GET-MOTIVATED

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FITEX WEEK 6

Stretching

JUST FOR YOU

Stretching and maintaining your flexibility is an important part of all around fitness. Stretching can help decrease risk for injury, increase range of motion, and help make daily tasks easier. Things like bending over to tie your shoes are easier to do if you are felixible in your joints and muscles. Dynamic stretching (moving through the stretch) is preferred before exercise. Static stretches (holding the stretch) should be done after you are warmed up.

TEAM TALK

Discuss with your teammates this week how you stretch your joints and muscles throughout the winter season. What are your favorite stretching exercises? When do you find it helpful to stretch the body each day?

Share a stretching activity you did this week to loosen your joints and increase flexibility.

#FitEx #HowIStretch
#StretchTheBody

RECIPE OF THE WEEK

The recipe for this week is Lasagna. This easy lasagna recipe is a delicious pasta dish that your family will love. Filled with calcium and whole grains, this recipe will provide you with delicious nourishment this winter season.

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

STRETCHING TIPS

- Keep your movements smooth - whether you are doing dynamic stretches like walking lunges, or static stretches like a toe touch, move smoothly and evenly into the movement. Don't bounce at the end of your range of motion.
- Static stretching after your exercise session helps increase flexibility, while dynamic stretching helps you warm up before activity. Static stretches should be held for 30-60 seconds to see the most benefit.
- Keep stretching! For the most benefit, stretch 2-3 times per week. You can also focus on areas and muscle groups that you use the most for your particular activity.

REFERENCES: HTTPS://WWW.MAYOCLINIC.ORG/HEALTHY-LIFESTYLE/FITNESS/IN-DEPTH/STRETCHING/ART-20047931

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FITEX WEEK 7

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Cardio

JUST FOR YOU

Cardio is definitely considered a form of exercise people typically claim that they either love or hate. Whether you love it or hate it, cardio is an essential component of your activity requirements. Cardio has been shown to improve cardiovascular health, lower blood sugar, reduce chronic pain, regulate weight and so much more. Good news? It is easily accessible and affordable for nearly everyone.

TEAM TALK

Although this program is almost over, it is important remember the healthy habits that you have formed along the way. Chat with your team about ways that you are going to continue to motivate and support each other after the program terminates.

Share a picture with your team and/or on social media of you participating in your favorite form of cardio. #FitEx #WinningAtCardio

RECIPE OF THE WEEK

The recipe for this week is an Apple Lime Salad. This refreshing fruit salad is zesty, and filled with vitamins and minerals to fuel your activity this week.

Try making this recipe at home and post a picture on your social media using the hashtag:
"#FoodForFuel
Scan the QR code below to take you to the recipe.

GET UP AND MOVE

According to the American Health Association, most people should aim to get around 30 minutes of moderate cardiovascular activity at least five days each week. Here are two options for a 30 min cardio workout depending on current fitness level that can make the time fly by.

- Pick a cardio (On foot, biking, swimming, HIIT, etc.)
- Warm up at moderate intensity for 5 minutes
    1) 30 sec. high intensity / 30 sec. of low intensity X 20
    2) 45 sec of high intensity / 15 sec. low intensity X 20
-Cool down at moderate intensity for 5 minutes and stretch

REFERENCES: HTTPS://WWW.TOKYOGAIJINS.COM/SWIM-BIKE-RUN.PHP
HTTPS://WWW.HEALTHLINE.COM/HEALTH/FITNESS-EXERCISE/BENEFITS-OF-AEROBIC-EXERCISE#TAKEAWAY

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FITEX WEEK 8

Strength Training

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JUST FOR YOU

Strength training, also known as resistance or weight training, is very effective at building muscle strength and endurance. You do not need to go to a gym in order to strength train; it is a versatile type of workout that you can do almost anywhere. All you need is some form of resistance in the form of body weight, free weights, and/or resistance bands. There are a plethora of benefits that come from strength training.

TEAM TALK

While it may be the end of the program, it is not the end of your fitness journey. Talk with your team about the highs and lows that you have felt throughout this challenge. You all have made the commitment to betterment, and we hope that you continue to get in your activity, fruits, and veggies.

Share a story of why you decided the join the FitEx community and what you got out of the program #FitEx #LessonsLearned

RECIPE OF THE WEEK

The recipe for this week is Radish and Avocado Toast. Make your morning toast a little healthier by adding a radish and an avocado on top. Avocado provides the body with healthy fats and radishes and whole grain toast have fiber!

Try making this recipe at home and post a picture on your social media using the hashtags: "#SpringMeals" and "#LoadedToast"
Scan the QR code below to take you to the recipe.

SPRING TRAINING

You don't have to be stuck inside to strength train. As the weather warms up, take your strength regimen outside. When first getting started, give yourself 5-10 minutes to get warmed up and to increase your heart rate. Some great body weight movements that can be done anywhere, from parks to greenways or even in your backyard include squats, lunges, calf raises, planks, pushups, and arm circles. If you don't feel comfortable with creating your own workout or do not know where to begin, don't be discouraged! Apps such as Nike Training Club or websites such as YouTube are full of free, trainer led workouts that demonstrate correct form and make sure you feel the burn. Take your phone outside with you and enjoy the fresh air while you train.

REFERENCES: HTTPS://WWW.HEALTHLINE.COM/HEALTH/EXERCISE-FITNESS/STRENGTH-TRAINING-AT-HOME#GETTING-STARTED