



# FITTRIP

## 2020 GUIDEBOOK

CREATED, MANAGED & PRODUCED BY



# [FIT]

*adjective*

1. adapted to the environment so as to be **capable of surviving**
2. put into a suitable state: **made ready**
3. **sound** physically and mentally

**Your FitTripRx journey begins here.**

It is your first step in a 12-week transformation process that will change how you feel and the lifestyle you live.

By committing to this program, you have taken the first step of many.

*You are on your way!*

# MY **FITTRIP** GOALS

1.

2.

3.

BMR: \_\_\_\_\_

Fit Coach: \_\_\_\_\_

# TABLE OF CONTENTS

<b>The Program</b>	<b>5</b>	<b>Exercise Guidelines</b>	<b>26</b>
Program Overview	7	Get Moving	28
Getting Started	8	FitChallenge	29
Measure In	9	Weekly Challenges	
Testing Results	10	Week 1	30
Points + Prizes	11	Week 2	32
Calculations	12	Week 3	33
Midway	13	Week 4	36
Final Steps	14	Week 5	38
		Week 6	39
<b>Nutrition Guidelines</b>	<b>15</b>	Week 7	40
Getting Started	17	Week 8	43
Carbohydrates	18	Week 9	47
Fat	19	Week 10	48
Protein	20	Week 11	51
Serving Sizes	21	Week 12	54
Record It	22	Sample Strength Workout	55
Sample Menu Plan	24	More Workout Ideas	56
		Travel Tips	57



the program

Great things never come from your comfort zone.

# FitTripRx is a 12-week interactive body and lifestyle transformation program.

It's about positive lifestyle changes that yield results. FitTripRx changes attitudes, habits and lives by empowering participants to create and sustain healthy lifestyles.

## HOW IT WORKS

This is a 12-week competition. You will compete against participants at your fitness center, earning points for fat pounds loss, muscle pounds gain, completion of assignments, and participation in other point-earning opportunities along the way.

Winners are declared in both male and female divisions per fitness center based on the highest number of points earned. All winners and a guest will be invited to attend an Awards banquet for the announcement of grand prize winners. Grand prize individual winners are the top overall performers of all participating fitness centers. Each grand prize winner will receive \$1,000. Second place winners will receive a \$500 and third place winners a \$250.

## WHO MAY PARTICIPATE?

All participants must be active members of a Corporate Health Unlimited (CHU) facility. Participants holding memberships at multiple CHU facilities may only enter at one location. *CHU employees may participate in the employee division but ARE NOT eligible for the member grand prize.*

## This is your guidebook.

Everything you need to know about the FitTripRx program can be found in this book. It is your reference. Read it, use it.

The first few pages introduce you to the program and what you can expect along the way. This information should answer most questions and can be easily referenced online throughout the program. Below are the most crucial components of your journey:

**FIT COACH** Each participant is assigned a Fit Coach. This is your contact person throughout the program. Your Fit Coach will help you set goals, send you weekly emails and assess your progress. Have questions? Your Fit Coach is always happy to help.

**MYFITTRIPRX** Within 24 hours of your measure in, you will receive an invitation to set up your MyFitTripRx online account at [www.FitTripRx.com](http://www.FitTripRx.com). This is where you will view and submit weekly assignments to earn points. Points will be automatically tracked for you and your Fit Coach will confirm all points earned for good measure. MyFitTripRx will include weekly reminders, useful downloads and access to FitChallenge video tutorials and weekly newsletters.

**TESTING** You will schedule your Results Appointment with your Fit Coach to learn the results of your initial InBody Scan, set your goals, and ask questions. You will also learn about your Basal Metabolic Rate.

**GOALS** You and your Fit Coach will review your plans to set specific goals. We want you to set 3 goals you would like to reach over the next 12 weeks. Be sure these are both measurable and obtainable. For example, “My goal is to workout 3 times a week” is a measurable goal whereas “My goal is to get in shape” can’t be measured. “My goal is to lose 10 pounds” is obtainable, whereas “My goal is to lose 70 pounds” is not realistic for a 12-week period. You will submit these goals as part of your MyFitTripRx assignments.

## About InBody testing.

Upon registration, each participant will make an appointment for their measure in, i.e. InBody Scan. This scan provides you with a non-invasive body composition analysis that provides a breakdown of your weight in terms of muscle, fat and water. InBody uses the latest technology in Bioelectrical impedance. No more pinching. No more Dunking. InBody testing is performed at the beginning and end of FitTripRx.

All pre-contest InBody scans must be completed during the allotted testing period. Final measurements must be completed 12-weeks (+/- 24 hours) from measure in date. To be rewarded points, participants are only allotted two InBody Scans (one initial and one final) during the competition. Participants may take part in the Midway InBody Scan at an additional cost, but will not receive points for that specific test. All information is kept strictly confidential and on file.

Each participant will receive a specialized InBody report that contains:

- ▶ Your body composition: fat mass and lean mass with body fat percentage
- ▶ Accurate reading of your metabolism—Basal Metabolic Rate (BMR)
- ▶ Body water analysis
- ▶ Segmental analysis

### TESTING GUIDELINES

- ▶ Maintain normal fluid intake 24 hrs prior.
- ▶ Stand for 5 minutes before.
- ▶ Remove socks/pantyhose/etc.
- ▶ Remove all heavy objects.
- ▶ Use the restroom before the test.

The InBody logo is displayed in a bold, red, sans-serif font.

For more information about InBody, go to [www.InBodyUSA.com](http://www.InBodyUSA.com)

## Understanding your testing results.

Once you complete your InBody Scan, the next step is **RESULTS**—both the testing results and the results **you want to achieve**. You will schedule an appointment with your Fit Coach to learn your results, set your goals, ask questions, AND learn about your specific Basal Metabolic Rate (BMR).

### WHAT IS BASAL METABOLIC RATE?

Basal Metabolic Rate (BMR) is the minimum calorie requirements needed to sustain life in a resting individual. Essentially, it is the amount of energy (measured in calories) used by the body to remain in bed asleep all day. BMR is responsible for burning up to 70% of the total calories used, but this figure can vary due to different factors, such as genetics, gender, age, weight, body fat percentage, diet and exercise.



Your Fit Coach will review BMR in your Results Appointment, or you can meet with your club's Registered Dietician for additional information.

## How do points work?

You will earn points throughout the program by completing weekly assignments and challenges. You will track and submit all assignments and challenges via your MyFitTripRx account. Fit Coach will verify all points, which are tabulated for each participant at the end of the program and used to determine winners.

### HOW POINTS ARE EARNED:

- ▶ Fat mass loss\*
- ▶ Lean mass gained\*
- ▶ Workout Log = 1 point per week, 1.5 points per week after week 6\*
- ▶ Food Log = 1 point per week\*
- ▶ WellnessChallenges = 1 point per week, 1.5 points per week after week 6\*
- ▶ Results Appointment = 1 point
- ▶ Goal Sheet = 1 point
- ▶ CHU Photo Consent Form = 1 point
- ▶ Health History Questionnaire = 1 point
- ▶ Midway Consultation = 1 point
- ▶ Program Evaluation = 3 points

### PRIZES + MORE PRIZES.

At the end of the competition, one top male and one top female winner from each participating club will be honored at our awards banquet. We will also recognize the top overall male and female, second and third place participants. Grand Prizes will be awarded to the top male and female winners based on highest number of points. Each Grand Prize winner will receive \$1,000

*\*Detailed information for these items is reviewed in later sections.*

## How do we calculate fat mass and lean mass points?

1. Body Fat and Weight in Pounds are measured via InBody Scan.
2.  $(\text{Body Fat \%}) \times (\text{Weight in Pounds}) = \text{Pounds of Fat Mass}$
3.  $(\text{Weight in Pounds}) - (\text{Pounds of Fat Mass}) = \text{Pounds of Lean Mass}$
4.  $\text{Initial Fat Mass} - \text{End Fat Mass} = \text{Fat Mass Change}$   
*NOTE: You want to DECREASE your fat mass.  
 If there is an increase in fat mass, -0- points are awarded*
5.  $(\text{Initial Lean Mass}) - (\text{End Lean Mass}) = \text{Lean Mass Change}$   
*NOTE: You want to INCREASE your lean mass.  
 If there is a decrease in lean mass, -0- points are awarded.*
6. Fat mass change is compared to initial fat mass:  
 “My change in fat mass is what percent of my original fat mass?”  
*Example: Participant starts out with 30 lbs. of fat mass and ends with 25 lbs. of fat mass.  
 Fat Mass Change is 5 lbs, which is 16.67% of beginning fat mass. This is equal 16.67 points.*
7. Lean mass change is compared to initial lean mass:  
 “My change in lean mass is what percent of my initial lean mass?”  
*Example: Participant starts out with 100 lbs. of lean mass and ends with 105 lbs. of lean mass.  
 Lean Mass Change is 5 lbs, which is 5% of beginning fat mass. This is equal 5.00 points.*

**It is more difficult to change lean mass than it is to change fat mass. Based on guidelines by the ADA for fat loss and ACSM for lean mass gain, the lean mass points are multiplied by a factor of 3.**

### THEREFORE, IN THIS EXAMPLE:

Fat Mass Points = 16.7

Lean Mass Points = 15

Total Points for Example Participant = 31.7

## Want to know if you are on target for reaching your goals?

We offer a Midway InBody Scan for a discounted rate of \$20.

**For this additional cost, a Midway InBody Scan will be offered for each location.**

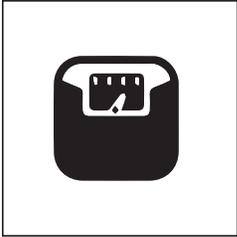
*See the front desks for full details.*

Body composition through skinfold measurements (pre, midway, and post) are also available to participants at no additional cost. These measurements will be scheduled in advance. Please note: Midway Testing is for your personal use only and will not affect the outcome of the competition. Individuals will not receive any points for participating in the Midway Testing.

### MIDPOINT CONSULTATION

Halfway through the program, you will schedule an appointment to meet with your Fit Coach to re-evaluate your goals and fine tune other parts of your journey. You can earn 1 point for scheduling and attending your Midpoint Consultation.

## The home stretch.



### FINAL MEASUREMENTS

Your final InBody Scan must be completed 12 weeks (+/-24 hours) from measure in date. Measure out dates will be scheduled through your Fit Coach for April (depending on your measure in date). To be eligible for prizes and winning the competition, you must complete your ending measurements during the allotted date and times. Failure to complete final measurements during the stated time period will result in disqualification from the competition and ineligibility for prizes. Please note: participants unable to make the scheduled measure-out date are still eligible if you measure out EARLY.



### EVALUATION—LAST CHANCE FOR POINTS!

So that we can continually improve the FitTripRx program, we ask participants to complete a Program Evaluation form at the end of their journey. Earn 3 points for completing the evaluation! Just keep in mind that it must be turned in during Week 12 of the competition. The evaluation will appear in your MyFitTripRx weekly assignments. Provide your feedback and submit!



### DISQUALIFICATION POLICY

Any participant found to have liposuction performed during the contest or found to be using steroids or illegal substances will be disqualified from competition. Participants are eligible to receive two InBody Scans (one at the start of the program and one at the completion) as part of the FitTripRx program. This excludes the Midway InBody Scan, however participants may choose to do the Midway InBody Scan for an additional fee. Midway testing does not factor into scoring. Final measurements must be completed at the end of the 12-week period (+/- 24 hours) from measure in date. Participants unable to make scheduled measure-out dates are still eligible IF s/he measures out early. Participants choosing not to measure out will be disqualified. We reserve the right to cancel FitTripRx at any time. In the event of cancellation, registration fees will be refunded, unless InBody Scan has been completed.



nutrition guidelines

**It is not a short term diet.  
It is a long term lifestyle change.**

## Smart eating starts by making smart decisions.

Our goal over the next 12 weeks is to teach you how to make sensible choices that you can practice now and for the rest of your life.

To help you with this process, your fitness center will offer a nutrition workshop to FitTripRx participants. Workshops will be presented by your fitness center's Registered Dietitian and will cover a designated topic. The Registered Dietitian will present valuable knowledge that will go a long way to keeping you on track during your FitTripRx journey. In the meantime, here are some guidelines to help get you started.

### WHAT ARE MACRONUTRIENTS?

They are food sources that are required in large amounts (hence the name) and give us energy in the form of calories. Carbohydrate, fat and protein are macronutrients, and they all play important roles in the body and should be well balanced for sustained energy, athletic performance and optimal health.

One of our goals is to help you better understand your nutritional needs. By learning about macronutrients, you will enhance your FitTripRx journey. We created an additional nutritional assignment to help you do just that. This assignment help will allow you to determine your macronutrient needs.



You can access a video of the nutrition workshop and other useful documents on your MyFitTripRx at [www.FitTripRx.com](http://www.FitTripRx.com)

## Carbohydrate's primary role is to provide energy to the body.

This is the muscles and brain's preferred energy source. We also need carbohydrates to help break down fat and preserve muscle mass. Without it, your body breaks down muscle to access protein to fuel your body. When this happens, your body has to work harder to do the work you ask it to do.

There are multiple types of carbohydrates. Complex carbohydrates should make up the majority of our intake, while simple or refined carbohydrates should be consumed in small amounts. Complex carbohydrates are rich with fiber, vitamins and minerals, and take longer to digest, providing you with a more sustained energy. Refined carbohydrates are stripped—in processing—of most of their attributes, and provide you with quick—but not sustained—energy.

Your body needs 45-65% of your calories to come from carbohydrates. The higher numbers should be used for an athletic population, who require more fuel for muscular contraction. The body has a limited ability to store carbohydrates, so regular consumption becomes even more important for athletic performance and brain function.

**To determine the number of grams of carbohydrates you should consume daily, you need to know your daily caloric needs. For example:**

**This example uses 50% carbohydrate consumption and an 1800 calorie diet:**

**Total daily calories x percent of carbohydrates =  
calories of carbohydrates**

$$1800 \text{ (cal)} \times 50\% = 900 \text{ (cal)}$$

**Calories of carbohydrates / 4 grams per calorie =  
grams of carbohydrates**

$$900 \text{ (cal)} / 4 \text{ (grams per cal)} = 225 \text{ grams of carbohydrate}$$

### 15 GRAMS OF CARBOHYDRATES (1 SERVING) =

1.5 cups cooked vegetables

1/3 cup beans/legumes

3 cups raw vegetables

1/2 cup corn

1 slice bread

1/2 cup sweet potato

1 small apple

3/4 cup cold cereal

1 cup of fresh berries

1/2 cup cooked pasta

1 cup of milk

1/3 cup cooked rice

## Dietary fat has many important roles in your body.

Fat (the fat you eat, not the fat your body stores) is a source of energy, aids in the absorption of fat-soluble vitamins and is important for cellular structure and nerve signal transmission. Like carbohydrates, fat is used to fuel your body, but the energy from fat takes longer to process, making it a slower and more sustained energy source.

Dietary fat has three main types: saturated, unsaturated and trans fat. Saturated fats come primarily from animal sources and can raise the level of total and LDL (bad) cholesterol in the blood. These fats are not heart healthy. Unsaturated fats come primarily from plant sources and can improve your blood cholesterol levels. These fats are heart healthy. Unsaturated fat comes in multiple forms: monounsaturated, polyunsaturated, and Omega-3 fatty acids (which are especially heart healthy). Trans fat is the least heart healthy. Small amounts of trans fat can be found naturally in some foods, but the damaging trans fats are chemically altered in a laboratory by a process called hydrogenation. Consuming trans fat can raise LDL (bad) cholesterol, while lowering HDL (good) cholesterol, which proves especially detrimental to our heart health.

Your body needs 20-35% of total calories to come from fat. Ideally, the majority of these calories come from unsaturated fats. Saturated fat should be kept to less than 10% of total calories. To determine the number of grams of fat that you should consume daily, you need to know your daily caloric needs.

**This example uses 25% fat consumption and an 1800 calorie diet:**

**Total daily calories x percent of fat = calories of fat**

Calories of fat / 9 grams per calorie = grams of fat

**1800 (cal) x 25% = 450 (cal)**

450 (cal) / 9 (grams per cal) = 50 grams of fat

### HIGHER UNSATURATED FAT = MORE HEART HEALTHY:

1 oz walnuts =  
18g total fat, 15.5g unsaturated fat

1/4 avocado =  
7g total fat, 6g unsaturated fat

1 tbsp olive oil =  
14g total fat, 11.5g unsaturated fat

3 oz salmon =  
10g total fat, 8g unsaturated fat

### HIGHER SATURATED FAT = LESS HEART HEALTHY:

3 oz tenderloin steak = 15g total fat, 6g saturated fat

1 medium egg = 5g total fat, 1.6g saturated fat

3 oz chicken thigh w/skin = 10g fat, 3g saturated fat

3 oz chicken thigh w/o skin = 5g of fat, 1g saturated fat

1 tbsp butter = 12g total fat, 7g saturated fat

# Protein has several important roles in the human body.

Protein is essential for growth and development of structural components, including muscle, tendons and ligaments. It is a component of enzymes which aid metabolic processes and it helps transport substances through the body. It is a component of some hormones; and it can be used as an energy source. When protein needs are not met, the immune system can become depleted, putting you at higher risk for infection.

The average American diet includes adequate amounts of protein. Like carbohydrates and fat, protein eaten in excess of caloric needs will be stored as fat and can lead to weight gain.

The average adult requires 0.8 to 1 gram of protein per kilogram of body weight. Endurance athletes may require 1.2 to 1.4 grams of protein per kilogram of body weight. Strength athletes may require up to 1.8 grams of protein per body weight. To determine kilograms of body weight, divide weight in pounds by 2.2.

### For your individual protein needs, use this formula to determine your daily protein intake:

$$\text{Weight (kg)} \times \text{Protein requirement (gm/kg)} = \text{grams (gm) of daily protein}$$

Example: Body weight = 150 pounds

$$\text{Weight in kg} = 150 \text{ (lb)} / 2.2 = 68.18 \text{ kilograms (kg)}$$

$$\text{Protein intake} = 68.18 \text{ kg} \times 1 \text{ (gm/kg)} = 68.18 \text{ gm of protein per day (round to 68)}$$

## PROTEIN RICH FOODS

Eggs = 6 grams per egg

Egg white = 4 grams per white

Meats = 7 grams per ounce

Cheese = 4-7 grams per ounce

Milk = 8 grams per cup

Yogurt = 8-15 grams per 6 ounces

Cottage cheese = 13 grams per 1/2 cup

Soybeans = 13 grams per 1/2 cup (shelled edamame)

Soy Milk = 6 grams per cup

Tofu = 7-8 grams per 3 ounces

Nut Butter = 8 grams per 2 tablespoons

Nuts = 4-7 grams per ounce\*

Quinoa = 8 grams per cup

Beans/Legumes = 8 grams per 1/2 cup

Whole Grain Bread = 3-4 grams per ounce (slice)

Veggies = 1-2 grams per cup

Fruit = Negligible

\*one ounce of nuts = 20-24 almonds; 20 pecan halves; 49 pistachios; 14 walnut halves; 28 peanuts (legume)

## How do I determine serving sizes?

When determining serving size, it is important to remember the measurement includes the food's length, breadth, and thickness (height). These serving estimations can help when dining out or eating at home. You will develop better control of the quantities of food you eat and will avoid overeating that can occur when people consume too large of a portion of food.

Here are some everyday items that can help you determine the appropriate amount:

1 cup of milk or yogurt	= softball
1 ounce of chocolate	= package of dental floss
1 slice of bread OR 2-oz. bagel	= diameter of hockey puck
1/2 teaspoon oil	= thimble full
1 teaspoon of salad dressing	= two stacked nickels
1 teaspoon of butter	= tip of your finger
3 ounces cooked meat/chicken	= deck of cards
1 medium apple or peach	= tennis ball
1/2 cup of veggies	= size of a light bulb

## Keeping track of what you eat daily is the first step in assessing what you typically eat.

Tracking your food intake helps determine what habits need modifying and how to get on the right path in to reach your nutritional goals. A recent study published in *The Journal of the Academy of Nutrition and Dietetics* suggests a person can lose up to 6 pounds by recording food intake. The key is to record what you eat immediately after you eat it—this makes you more aware of what you put in your mouth than if you record it at the end of the day.

For your FitTripRx journey, each participant is required to submit weekly food logs or diaries via their MyFitTripRx account. Use a log to record the food you eat, when you eat it and the portion size consumed. Participants can download an interactive pdf food log via MyFitTripRx account, or use an app-based or online tracking program such as MyFitnessPal Food Diaries, FitBit, Apple watch or other preferred provider. Either input your food intake via the assignment form or upload a copy of your food log. to earn 1 point for each week submitted.

There are a few essential items you need daily: water, fruits & veggies, protein and dairy. It is important that you get in your daily recommended allowances of each. Note in downloadable food log provided online that we've created a space for you to account for each serving of these so you can easily see what you've had and what you need.



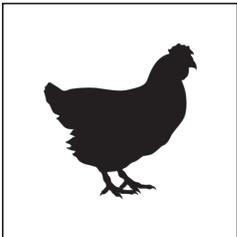
## WATER

Staying hydrated is crucial for optimizing your digestion, metabolism and muscular performance. Going into a workout without proper hydration makes you susceptible to mental fatigue, rapid heart rate, labored breathing and rapid muscle fatigue. **You need AT LEAST 6-8 8-oz. glasses of fluid each day.**



## VEGGIES & FRUITS

Not only does nature's gift to us provide essential vitamins, minerals, fiber and other nutrients important for good health, they may also reduce the risk of cancer and chronic disease. And they're naturally low in fat and calories. **Try to get in 5 servings per day.** Portion sizes should be the size of your palm—that's 1/2-cup cooked or 1 cup raw (see *servicing sizes section for additional info*).



## PROTEIN

Essential to repair stressed muscles and other tissues, eating protein will also help you feel more satisfied at each meal, increase your recovery time from workouts and help you feel fuller, longer. Protein portions should be approximately the size of your palm. **Choose lean proteins to avoid extra fat.** (See *nutrition section to determine your individual protein needs and/or discuss with your registered dietician.*)



## DAIRY

The USDA recommends 2-3 cups of low fat dairy product per day to provide calcium, vitamins D and B complex. *For additional nutritional needs/concerns, discuss with your fitness center's registered dietician.*

# 1,800

## TOTAL CALORIES

Everyone's caloric needs are different. To determine your specific needs, contact your club's Registered Dietitian.

### **BREAKFAST**

*Calories 300-400*

#### **Option #1**

1 egg (70) + 4 egg whites (70) with  
sautéed veggies (15-25)

1 ounce/slice whole wheat toast (70)

1 tbsp nut butter (90)

Coffee or tea + skim milk (25)

#### **Option #2**

Oatmeal (1/3 c dry = 100)

12-15 almonds (100)

Fruit (70-100)

Splash milk (25)

Coffee or tea + skim milk (25)

### **LUNCH**

*Calories 500-600*

#### **Option #1**

4-5 oz grilled salmon or other fish (180-225) on  
2 cups salad greens (15)

1-2 cups non-starchy veggies including  
bell peppers, carrots, broccoli, onion (30-60)

1/3 avocado (90)

1/4 cup garbanzo beans (70)

1 tbsp olive oil + vinegar or lemon for dressing (120)

#### **Option #2**

4 oz roast beef (220)

2 pc whole grain bread (160)

1-2 tbsp olive oil mayo (45-90)

Unlimited veggies for sandwich

1 cup carrots and celery (50)

2 tbsp hummus (50)

Start your day with breakfast within one hour of waking and continue with meals or snacks every 3-4 hours throughout the day. Pre-exercise meals or snacks should focus on carbohydrates for quick energy. Post-exercise meals or snacks should include carbohydrates to replace used stores and protein for tissue repair and recovery. Between meal snacks should balance carbohydrates with protein for sustained energy. Naturally decaffeinated and unsweetened beverages should be consumed throughout the day and every 20 minutes during exercise for proper hydration.

## DINNER

*Calories 500-600*

### Option #1

4 oz chicken breast baked or grilled (180)  
 3/4 cup whole wheat couscous (120)  
 1 cup marinara (130)  
 1 cup steamed broccoli (25)  
 Small green salad with mixed veggies (25)  
 2 tbsp vinaigrette (100)

### Option #2

4 oz turkey burger (180)  
 Whole wheat bun (160)  
 1 tbsp ketchup (20)  
 1 tbsp mustard (9)  
 Unlimited veggies for burger  
 1 cup grilled veggies (50)  
 1 tsp olive oil (drizzle on veggies) (45 cal)  
 1/2 oz dark chocolate (75 cal)

## SNACKS

*Pre- or post-exercise or between-meals*

### Pre-Exercise Carbohydrate-based Snack

*Calories 100-200*

Graham crackers (2 sheets = 130 cal)  
 Non or low fat yogurt (6 oz = 90 to 140 cal)  
 Unsweetened apple sauce (1 cup = 100 cal)  
 Fruit (piece = 70 to 100 cal)

### Post-Exercise Carbohydrate and Protein-balanced Snack

*100-200 calories (10-15 grams protein)*

Non or low fat greek yogurt  
 (6 oz = 90-140 cal; 15g protein)  
 Low fat cottage cheese (1/2 cup = 90 cal; 13g protein)  
 with fruit (medium = 70 to 100 cal)  
 Greek yogurt smoothie with 6 oz plain nonfat Greek  
 yogurt (90 cal; 15g protein), 1/2 cup frozen berries  
 (40 cal), 1 tbsp nut butter (90 cal; 4g protein),  
 water or milk to thin (cal dependent)  
 1/2 cup shelled edamame (120 cal; 13g protein)



exercise guidelines

**A little progress each day  
adds up to big results.**

*— Mohsin Jameel*

## Get active. Stay active.

**Exercise.** You knew it was coming sooner or later. Indeed it is a key part of the FitTripRx journey. It doesn't matter what kind of exercise you do or when you do it, just do it. **The goal is to get in at least 30 minutes of exercise each day most days of the week.** Whether it is strength and resistance training, group fitness classes or a moderately paced walk, start moving! We can help...

### RECORD IT

Each participant is required to submit weekly exercise logs or diaries via their MyFitTripRx account.

Record your exercise, duration, reps/sets, notes on how you felt, and FitChallenges.

Participants can input their activity in their MyFitTripRx assignment forms or upload a record of their exercise. **This is a point-earning opportunity:** 1 point awarded for each week completed and submitted.\*

*\*After week 6, 1.5 points*



## **WELLNESS CHALLENGE**

Each week, you will have the opportunity to earn points by completing a Wellness Challenge.

The following pages outline each of these weekly challenges. In addition, you can find online video tutorials on your MyFitTripRx page at [www.FitTripRx.com](http://www.FitTripRx.com).

Complete each challenge and submit online to earn your points.

## WEEK 1 — FITTEST RX

The purpose of the FitTest is to provide a standard to measure improvement throughout the program. You will perform the FitTest on Weeks 1, 6 and 12.

- **One-mile Treadmill (for time)**
- **1 minute push-up Test**
- **1 minute sit-up Test**
- **Sit-and-reach (maximum distance)**



### **ONE-MILE TREADMILL** (for time)

The one-mile test measures cardiovascular endurance.

Complete one-mile as quickly as possible either on a treadmill.

Record your time from start to finish.

### **PUSH-UP TEST**

(maximum repetitions in 1 minute)

The push-up test measures muscular endurance of the upper body. You should perform this assessment until failure or until form is compromised. The goal is to complete as many push-ups as possible using proper technique.



- Assume a high plank position. Place hands firmly on the ground directly under shoulders, slightly wider than shoulder width.
- Keeping back flat and abdominals tight (do not raise or lower the hips) begin to lower body towards the floor until arms reach a 90° angle.
- Return to starting position by exhaling and pushing into the ground. Repeat.

#### **Modification:**

#### **MODIFIED PUSH-UP TEST**

- Perform push ups with knees on floor, keeping back straight and abdominals engaged.





### **CRUNCH TEST**

(maximum repetitions in 1 minute)

The crunch test measures muscular endurance of the core. You will perform as many repetitions of the exercise as you can in 1 minute. Start by setting a timer for 1 minute, and make sure you use proper technique.

- A. Lay flat on your back, bending your knees until your feet are firmly pressed against the ground.
- B. Tighten your core muscles and curl yourself up, lifting the shoulders off the ground, exhaling as you come up.
- C. Slowly lower your body back to the floor, returning to your starting point.
- D. Repeat for 1 minute.



### **SIT-AND-REACH**

(maximum distance)

This test is used to measure flexibility in your hamstrings and lower back. Perform this test at the fitness center using a sit-and-reach box.

- A. Remove shoes. Sit on the floor with both legs straight, feet flat against the back of the measure box.
- B. Place hands on top surface of the measure box—one hand on top of other, palms facing down. Legs stay straight on floor the entire time.
- C. As you exhale, slowly reach forward along the measuring line and hold for 2 seconds.
- D. Repeat 3 times and record the best score.

## **WEEK 2 HYDRATION**

**DRINK AN ADEQUATE  
AMOUNT OF WATER  
EACH DAY.**

Drink at least 8 glasses of 8 oz.  
of water each day this week.



**WEEK 3**

**GET SOME ZZZZ'S**

**GET AT LEAST 8 HOURS  
OF SLEEP 3 DAYS THIS WEEK.**

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep can protect your mental health, physical health, quality of life and safety. During sleep, your body is working to support healthy brain function and maintain your physical health, including the healing and repair of your heart and blood vessels. If you are sleep deficient, you may have trouble making decisions solving problems, controlling your emotions and coping with change.

## WEEK 4 EAT YOUR VEGGIES

### EAT 4 SERVINGS OF VEGGIES A DAY FOR 5 DAYS THIS WEEK!

Your mom probably always told you to eat your vegetables. But do you know why? Other than helping you achieve that flat toned core, there is SO much more to veggies. Vegetables are full of fiber and have many phytonutrients in them that help fight illness and disease. They are also low in calories, keeping your body happy and can lower blood pressure! Aim for 1 serving of veggies each meal and you will see and feel the difference in no time.



## WEEK 5 GET UNPLUGGED

HOST A “TECHNOLOGY FREE”

HOUR AT LEAST 3 DAYS THIS  
WEEK, THIS MEANS STEPPING  
AWAY FROM YOUR CELL  
PHONE, COMPUTER AND  
TABLETS!

Instead of checking your phone in between rounds or sets during your workout, try not looking at it at all. Make your playlist ahead of time and focus on the task at hand. Your workout should be time for YOU! Checking emails, answering texts, and scrolling through social media can make your workout longer and much less efficient. See if you can go your entire workout without looking at your phone!



**WEEK 6  
REPEAT FITTEST RX**

**FITTEST**

Use protocols from Week 1 FitTest. Compare your results from this week's FitTest to Week 1's FitTest. You should begin to see some improvements and gains in your results!

- **One-mile Treadmill (for time)**
- **1 minute push-up Test**
- **1 minute sit-up Test**
- **Sit-and-reach (maximum distance)**



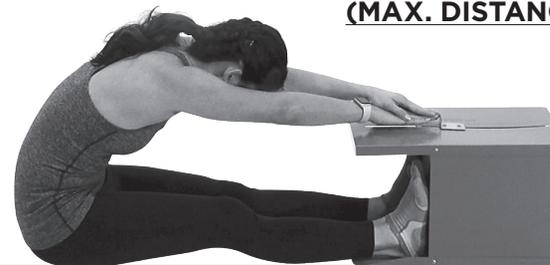
**PUSH-UP TEST  
(MAX. REPETITIONS) OR  
MODIFIED PUSH-UP**



**CRUNCH TEST  
(MAX. REPETITIONS)**



**ONE-MILE  
TREADMILL  
(FOR TIME)**



**SIT-AND-REACH  
(MAX. DISTANCE)**

**WEEK 7  
GET VITAMIN D**

**GET OUTSIDE FOR AT LEAST 10 MINUTES A DAY FOR 3 DAYS THIS WEEK. TAKE A WALK, TAKE A PHONE CALL OUTSIDE OR JUST SIT ON A BENCH AND ENJOY THE SUNLIGHT.**

Humans are similar to plants in that we need water and sunlight to live! Getting vitamin D, or the sunshine vitamin, helps with maintaining strong bones and teeth, supporting the immune system, brain and nervous system, and supports lung function and cardiovascular health.



**WEEK 8  
GRATTITUDE**

**KEEP A GRATITUDE LOG  
THIS WEEK AND MAKE A  
SUBMISSION EACH DAY.**

Gratitude comes in many forms. A few ideas for showing gratefulness are writing thank you notes, thank someone mentally, count your blessings, pray or meditate. These are just a few ways you can change you mood!



## WEEK 9 BLOOD PRESSURE

**GET YOUR BLOOD PRESSURE CHECKED THIS WEEK AND RECORD IT! ASK A FITNESS CENTER STAFF IF YOU NEED ASSISTANCE.**

There's no proof that stress by itself causes long-term high blood pressure. However, reacting to stress in unhealthy ways can increase your risk of high blood pressure, heart attacks and strokes. Certain behaviors are linked to higher blood pressure, such as smoking, drinking too much alcohol, eating unhealthy foods, etc. Reach out to the wellness staff at your facility to get your blood pressure checked and get tips for ways exercise can naturally decrease your blood pressure with going on medication.



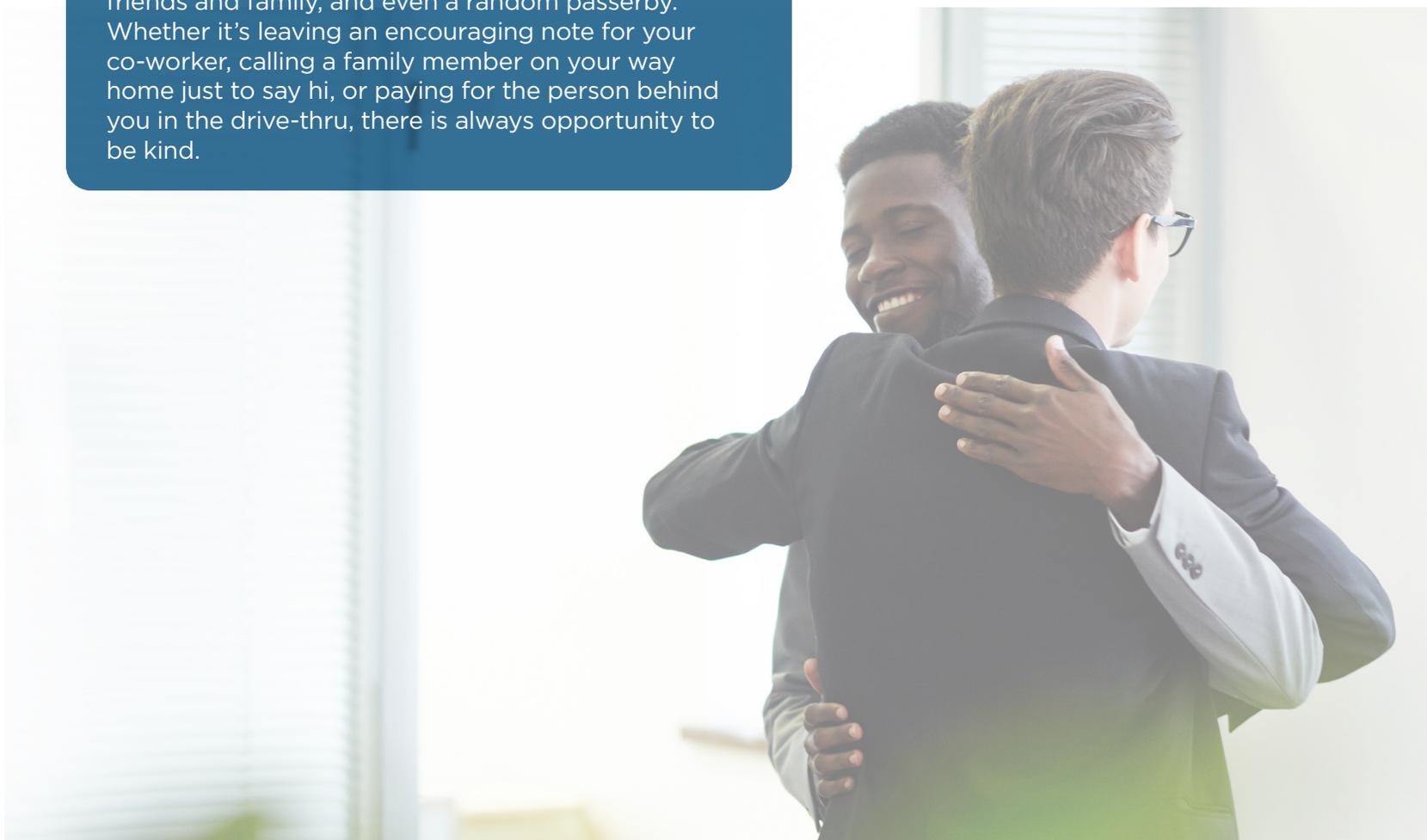
**WEEK 10**  
**JUST MOVE**  
**SET AN ALARM AND GET UP AND MOVE EVERY 45 MINUTES DURING THE WORKDAY. DO A QUICK STRETCH, REFILL YOUR WATER BOTTLE OR GO FOR A SHORT WALK.**  
One of the best ways to keep you active and burning calories throughout the day is to make small changes. For example, try using a standing desk or walking to someone's desk instead of emailing them to ask a question. Small changes like this will help not only your activity level, but it will help your mental state by social interaction!



## WEEK 11 ACTS OF KINDNESS

COMPLETE ONE ACT OF KINDNESS EACH DAY THIS WEEK - BIG OR SMALL. HOLD THE DOOR FOR SOMEONE, SMILE AT A FRIEND OR STRANGER, SAY HELLO TO PASSING PEOPLE OR BUY SOMEONE'S COFFEE. THE POSSIBILITIES ARE ENDLESS!

Kindness goes a long way with others. Take some time this week to show kindness to your work team, friends and family, and even a random passerby. Whether it's leaving an encouraging note for your co-worker, calling a family member on your way home just to say hi, or paying for the person behind you in the drive-thru, there is always opportunity to be kind.



**WEEK 12  
REPEAT FITTEST RX**

**FITTEST**

Use protocols from Week 1 FitTest. Compare your results from this week's FitTest to Week 1's FitTest. You should begin to see some improvements and gains in your results!

- **One-mile Treadmill (for time)**
- **1 minute push-up Test**
- **1 minute sit-up Test**
- **Sit-and-reach (maximum distance)**



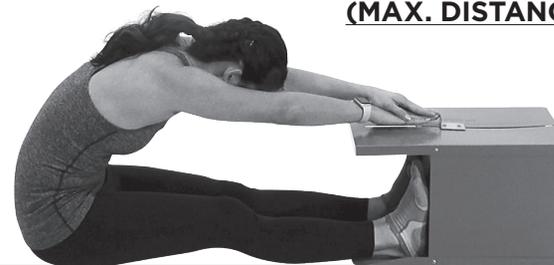
**PUSH-UP TEST  
(MAX. REPETITIONS) OR  
MODIFIED PUSH-UP**



**CRUNCH TEST  
(MAX. REPETITIONS)**



**ONE-MILE  
TREADMILL  
(FOR TIME)**



**SIT-AND-REACH  
(MAX. DISTANCE)**

## Sample Strength Workout

Whether you are new to strength training, looking to change up your workout, or in need of alternate exercises for different muscle groups, below is an example of a total body workout.\* This can be used as a general guide with precautions taken for pre-existing injuries or medical conditions.

**Warm-up for 5-10 minutes prior to performing these or any resistance exercises.**

<b>MUSCLE GROUP TRAINED:</b>	<b>EXERCISE:</b>
Legs (quadriceps, hamstrings, glutes)	Leg Press, Squat, Lunge
Chest (pectoralis major, anterior deltoids, triceps)	Chest Press, Push-Up, Incline Chest Press
Legs (quadriceps)	Leg Extension, Wall Squat (hold)
Back (rhomboids, latissimus dorsi, teres major, trapezius)	Seated Row, Lat Pull-down, Pull-Up
Legs (hamstrings)	Leg Curl, Leg Curl with Ball
Shoulders (deltoids)	Shoulder Press, Lateral Raise, Upright Row
Legs (gastrocnemius, soleus)	Calf Raise, Seated Calf Raise
Arms (biceps)	Bicep Curl, Cable Curl
Arms (triceps)	Triceps Extension, Dips, Triceps Kickback
Core (rectus abdominus, obliques)	Abdominal Curl, Reverse Curl, Oblique Curl
Core (erector spinae)	Back Extension, Quadruped Lift (opp. arm/leg)

- ▶ These exercises should be performed in a controlled manner on both the lifting (concentric phase) and lowering (eccentric phase). Fast, uncontrolled movements can compromise safety AND effectiveness.
- ▶ Maintain normal breathing! Holding your breath may increase blood pressure.
- ▶ Consult a fitness professional if you are unsure of proper execution of an exercise

\* Courtesy of the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription, Philadelphia, PA: Lippincott Williams & Wilkins, 2009.

**With so many options out there for workouts, it can be overwhelming to choose just one.**

Lucky you, you don't have to. The key to making exercise a habit is to find something you actually like doing. **Here are some ideas to get you going:**

### **GROUP FITNESS CLASSES**

These are great because you aren't alone. Feed off the energy and enjoy the camaraderie of working out with others. And with the wide variety of classes to choose from, you can try something new every week!

### **TREADMILL**

No longer the "dreadmill" when you spice it up a bit. Change the incline to tackle some hills. Pick up the pace in 1-minute speed bursts.

### **INDOOR CYCLING**

It's indoors, no impact and a heck of a cardio workout. Great for all levels.

### **ELLIPTICAL TRAINER**

Looks like you are moon walking but man what a workout! Try switching your direction every 5 minutes to truly work all the muscles in your legs.

### **YOGA**

Easy on the joints, great for the mind and can push you more than you think.

### **MORE IDEAS**

Swimming, Dancing, Fencing, Racquetball, Skating, Jump Rope, Running, Brisk Walking, Water Aerobics, Cycling, Team Sports, Kickboxing

## So you're leaving town this weekend?

We know that traveling is a great time for rest, relaxation and exploration. It is also a time of delicious food, taking a break from exercising and sleeping in. Here are some helpful highlights to keep you motivated and on track while traveling during FitTripRx.



### SLEEP!

It is inevitable that your sleep schedule will get out of whack when you are traveling. Lack of sleep will result in reduced attention, alteration in moods, decreased memory processing, overall functioning... the list goes on. In addition, melatonin (an antioxidant that supports the immune system and is an important weight control hormone) release decreases when we are sleep deprived. How can you promote better sleep when you are traveling away from home? Try sleep scheduling and sticking to your at-home sleep routine. Also, keep your waking hours consistent. You can also try dimmed lighting, exercising earlier in the day, eliminate afternoon caffeine intake, and limit late night snacking.



### EXERCISE!

Don't forget to squeeze that workout in today. Most hotels are accommodating the needs of their guests by adding the amenities that we are used to having for our everyday workout routines. Ask your hotel's guest services if they provide any workout videos for you to utilize in your hotel room or take advantage of the hotel gym if they have one. Stay active. Sightseeing, jumping waves, and even building a sandcastle are fun ways of getting that cardio in.



## HYDRATE!

Dehydration can be a direct result of traveling. How? If you are flying, the cabin air in the plane is very low in humidity, which can lead to fatigue and dehydration. To prevent both of these, avoid the high sodium snacks that are offered and keep the water coming. Also, if you're in a car or plane for a long period of time, this means you aren't moving. This results in decreased blood and oxygen flow throughout the body. Once again, keep the water coming and take frequent stops to stretch and get a few jumping jacks in.



## EAT HEALTHY!

We know this is a tough one, especially when you're on vacation. Making healthy decisions when traveling can be a lot easier than you think. Seek the support of other "healthy travelers" when you are on the road. Encourage each other to hit the gym and make healthy dining choices together. OK, so you don't always get to pick what or where you eat when traveling for business. By reserving a hotel room with a fridge and microwave, it will allow you to shop at local grocery stores and choose instant oatmeal, healthy sandwich toppings, and fresh fruit instead of fast food. As tempting as it may be, skip that second trip to the buffet and fill your plate with lean protein and veggies instead of that loaded baked potato and deep fried chicken. Regardless of how many restaurant meals are included on your itinerary, remember to balance it all out. If you know that tonight's meeting will be a food fest, eat a lighter lunch and enjoy dessert later, and be conscious of your food choices.



Don't forget to email your Fit Coach with any questions or advice. Your Fit Coach can help find solutions for your travel obstacles.