WEEK 09 NEWS

25 FITTRIP RX
YEARS OF TRANSFORMATION

IN THIS ISSUE

Morning Workout Tips

Research shows that the most consistent exercisers are the ones who start their day with a workout! Morning exercise boosts metabolism, improves mood, and enhances productivity throughout the day. But when your alarm blares in the morning, how can you ensure you get up and start your workout?

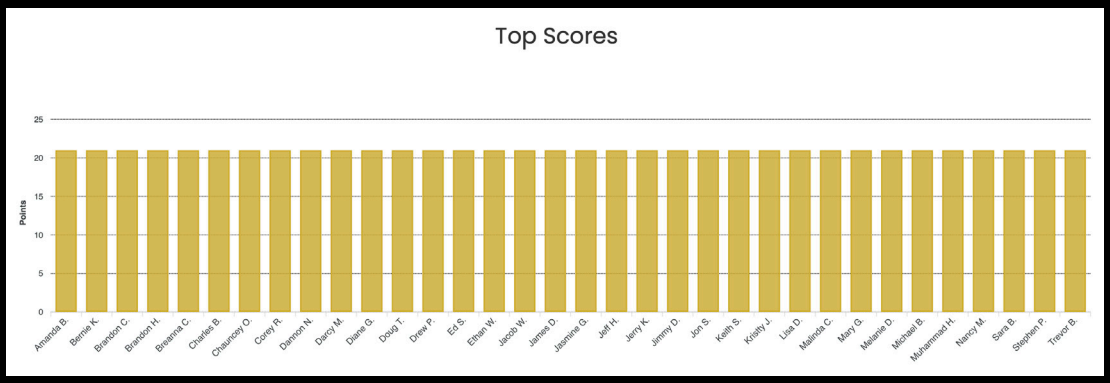
1. ***Prepare the Night Before:*** *Lay out your workout clothes and gear the night before to minimize morning decision-making. You can even sleep in workout clothes! The fewer steps that stand between you and your workout, the smoother your morning will be.*
2. ***Start with Short: Fun Workouts:*** *Choose shorter workouts that you like and slowly build up. Start with a 20-minute walk or jog, a yoga session, or whatever workout to enjoy the most, then slowly increase the duration. Research suggests that starting with fun activities helps you stick to a workout routine.*
3. ***Get Enough Sleep:*** *Get 7-9 hours of sleep each night; it is essential for both motivation and performance. Lack of sleep makes early mornings feel unbearable and can affect your workout quality. Remember, if you are getting up earlier to work out, you need to go to bed earlier, too!*
4. ***Find a Workout Buddy:*** *Having a friend or workout partner can make morning sessions more fun and keep you accountable. Social support increases motivation and helps you stay consistent.*
5. ***Enjoy the Post-Workout Boost:*** *Remind yourself how great you'll feel after the workout. Exercise releases endorphins, which can improve mood and reduce stress. Knowing this boost is waiting can help you stay motivated.*

TRAINER TIP:

This week, Tony talks about the importance of sleep. Check it out and talk to your Travel Agent about how you're sleeping to get this week's point!

https://youtu.be/qgAvEgRzQUM

LEADERBOARD:



Each week, the scores are updated online! Watch your progress as you earn weekly points. Remember you have until midnight each Monday to log the previous week.

Remember you can see the full scoreboard at www.fittriprx.com/leaderboard

WORKOUT PREVIEW:

Remember to log your workouts in the CHU app! Here's a preview of the moves you'll be doing:

LOWER BODY

- *Back Squat*
- *Leg Curl*
- *Leg Extension*
- *Back Extension*
- *Calf Raise*

UPPER BODY

- *Bench Press*
- *Incline Bench Row*
- *Chest Fly*
- *Wide Grip Pulldown*
- *Unilateral Lateral Raise*
- *Behind-Body Cable Curl*
- *Tricep Extension*

Remember to reach out to your coach with any questions!

RECIPE OF THE WEEK:

Breakfast Apple Crumble

Makes 4 serving

Ingredients:
APPLES:
- *6 sweet apples*
- *1 tbsp cinnamon*
- *pinch of salt*
- *2 tsp coconut oil*

CRUMBLE
- *2/3 cup oats*
- *2/3 cup pecans*
- *1 tbsp coconut oil*
- *2 tsp honey*

Directions:
1. *Preheat your oven to 180C/350F.*
2. *Chop the apples and saute them in a pan with the rest of the ingredients at medium-high.*
3. *Put all crumble ingredients into your food processor or blender, add a splash of water (about 1 tbsp), and process until you get a crumbly mixture that sticks together.*
4. *Use a small baking pan, oil the surface or add parchment paper and spread the apples. Then squeeze the crumble mixture to form bigger pieces of crumble and spread these over the apples.*
5. *Bake for 15-20 minutes or until the crumble is golden brown.*
6. *Let cool off a little bit and enjoy with high-protein yogurt for breakfast.*

Cals: 380, Fat: 20g, Protein: 4g, Carbs: 54g, Fiber: 11g

"Progress lies not in enhancing what is, but in advancing toward what will be."

- Khalil Gibran