

JANUARY 24

FIT IN FITNESS

Starting your wellness journey doesn't have to be overwhelming. Learn how to make exercise and nutrition fit your lifestyle.

02

WEEKS

YOU WILL FEEL
DIFFERENT

04

WEEKS

YOU WILL NOTICE
A DIFFERENCE

08

WEEKS

OTHERS WILL NOTICE
A DIFFERENCE



FIND A BUDDY

Someone who shares common goals will make sticking to positive lifestyle changes more effective. Find a friend to keep you on track and make the journey to wellness more fun.



PRIORITIZE EXERCISE TYPE

Strength training is the most effective way to change your lifestyle - more so than cardio! Compound movements fire more muscles and maximize what you can accomplish in less time.



BE REALISTIC

Starting with too much intensity can quickly lead to burnout. Shoot for three workouts per week, 30 minutes per workout. This will make your fitness journey more sustainable.



SMOKED SALMON AND ASPARAGUS FRITTATA



MEAL
BREAKFAST



PREP TIME
30 MINUTES

INGREDIENTS

2	Small Yellow Potatoes	2 TBSP	Olive Oil
10	Eggs	1/4 CUP	Diced Red Onions
2 - 3 TBSP	Chopped Fresh Dill	1 1/2 CUPS	Chopped Asparagus
1 TSP	Lemon Zest	1/2 CUP	Smoked Salmon
TO TASTE	Ground Black Pepper	1/4 CUP	Shredded Gruyère Cheese

PREPARATION

1. Bring potatoes to a boil in a large, covered pot of salted water. Reduce heat to medium-low and simmer until tender, about 10 minutes. Drain and let cool.
2. Whisk 10 eggs in a bowl. Add chopped dill, lemon zest, and pepper. Whisk together.
3. Preheat the oven to 375 degrees F (190 degrees C). Dice potatoes once cooled.
4. Heat an oven-proof pan on medium-high heat and add olive oil. Add onions, potatoes, and asparagus to pan. Sauté for 2 minutes until softened and onions are slightly browned. Reduce heat to medium and add egg mixture to pan. Top with smoked salmon and Gruyère cheese.
5. Bake in the preheated oven for 15 minutes or until eggs fluff up. Cool for a few minutes and serve warm.

BUILDING A HEALTHY BOWL



MEAL
LUNCH



PREP TIME
15 MINUTES



1. Choose a Base (2 Cups)

- Mixed Greens
- Cauliflower Rice
- Warm Kale
- Cabbage Blend

2. Choose a Protein (1/2 - 1 Cup)

- Black Beans
- Lentils
- Edamame
- Grilled Chicken
- Hard Boiled Eggs
- Baked Salmon

3. Choose a Dressing or Sauce (2 - 4 TBSP)

- Low Fat Yogurt Dressing
- Olive Oil, Balsamic & Herbs
- Curry Sauce
- Sesame Ginger Dressing

4. Add Some Color (Optional)

- Red Bell Pepper
- Beets
- Fruit (Limit to 2 TBSP)
- Cucumbers
- Kimchi
- Olives
- Shredded Carrots

5. Add Fats & Grains (Optional)

- Brown Rice
- Quinoa
- Farro
- Avocado
- Pumpkin Seeds
- Sesame Seeds
- Slivered Almonds

BEANS AND GREENS SOUP



MEAL
DINNER

INGREDIENTS

2 TBSP	Extra Virgin Olive Oil	4 CUPS	Chopped Greens
1	Large Onion, Chopped	30 OZ	Cannellini Beans
3 CLOVES	Garlic, Sliced	2 CUPS	Broth (Low Sodium)
1/4 TSP	Red Pepper Flakes	TO TASTE	Salt & Pepper



PREP TIME
25 MINUTES

PREPARATION

1. In a large pot, heat oil over medium heat and sauté onions and garlic until tender (about 3 minutes).
2. Add red pepper flakes, salt, and pepper. Sauté until fragrant. Add kale and sauté until tender.
3. Add beans and broth, cover, and let cook for 15-20 minutes.

TIP: Add a can of fire roasted tomatoes for an alternative way to enjoy this soup, or your favorite low sodium sausage.

3 FOODS TO KEEP YOU FEELING FULL

QUALITY PROTEINS

LEAN PROTEINS

Chicken, Turkey, Lean Beef, Tofu, Tempeh, Cheese, Eggs

LEGUMES

Lentils, Chickpeas, White Beans, Black-Eyed Peas, Lentil/Chickpea Pasta

HEALTHY FATS

MONOUNSATURATED FATS

Olive Oil, Avocado

NUTS & SEEDS

Almonds, Walnuts, Sunflower Seeds

OMEGA 3 DHA & EPA

Salmon, Herring, Bass

FIBER

FRESH FRUIT

Apples, Pears, Berries

VEGETABLES

Artichokes, Asparagus, Broccoli, Kale

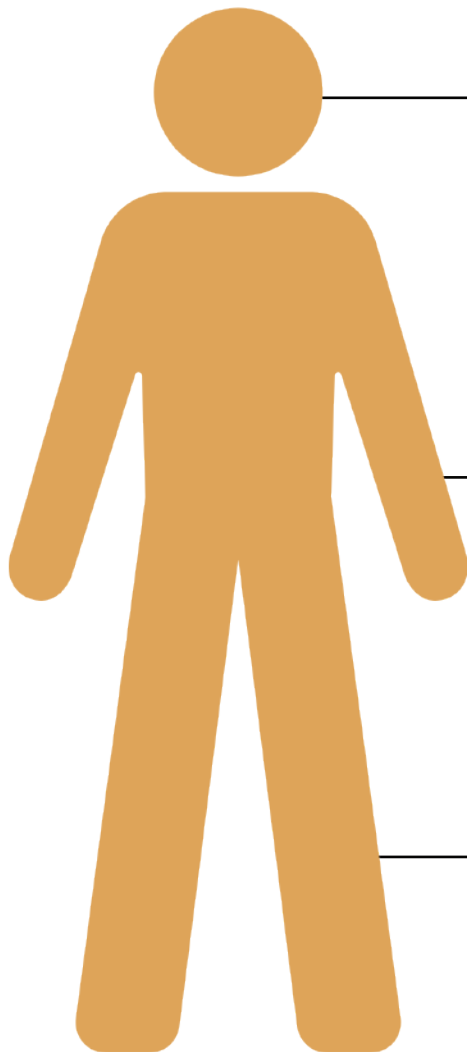
WHOLE GRAINS

Oats, Brown Rice, Quinoa

FITNESS FOR LIFE

When it comes to setting new goals and making lasting changes, it's important to set realistic expectations. Learning to make small changes today can move you towards healthier habits that last.

Regardless of your fitness level, here's a look at a cycle of compound movements that can be completed in 20-30 minutes when repeated 2-3 times.



POSTURE & MOBILITY

3 exercises x 1 minute, 30 seconds off

- Seated Twist with Posture & Breathing
- Sideways Lunge with Row
- Bilateral Wall Slide

UPPER BODY

3 exercises x 1 minute, 30 seconds off

- Cross Punches OR Upper Cut Punches
- Forward Lunge at 45° Angle with Field Goal Arms Overhead
- Squat with Curl to Overhead Press

LOWER BODY

3 exercises x 1 minute, 30 seconds off

- Chop & Lift OR Chop & Curl
- Rotational Lunge with Reach to Front Knee
- Forward Lunge with Twist Toward Front Knee