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Not Your Normal Sleep Tips

By this point, you know sleep is important, and you know most adults need 7-9 hours of sleep each nice. But HOW? Here are some less common sleep tips to help you get your beauty rest.

1. *Attend Nutrition for Sleep on April 1: This is no April Fools! You will learn great tips on how the foods you eat can impact your sleep cycle.*
2. *Sleep in Pitch Darkness: Sleeping with a light on can interfere with your sleep cycles. Even low ambient light during sleep can increase eye strain during the day!*
3. *Sync Your Circadian Rhythm: Our bodies generally like to be awake when the sun is up and asleep when it's dark. Help your circadian rhythm out by getting outside for at least 30 minutes of sunshine in the morning. No, sitting by a window doesn't count! At the end of the day, lower your lights in the evening. If you can change the colors of your lights, try a warm amber instead of cool white.*
4. *Try Counting Sheep: There's a reason counting sheep is the old remedy to fall asleep. Giving your brain a calming focus can help you unwind after a busy day. Try some breathing exercises, meditation, or even [yoga nidra](#)! [The Sleep Foundation has some techniques you can try.](#)*

TRAINER TIP:



Nutrition for Sleep

Registered Dietitian Alissa Palladino helps you learn how your nutrition can help you sleep better at night. Find out how your nutrition impacts your sleep and simple changes you can make to support your sleep habits.

Tuesday, April 1

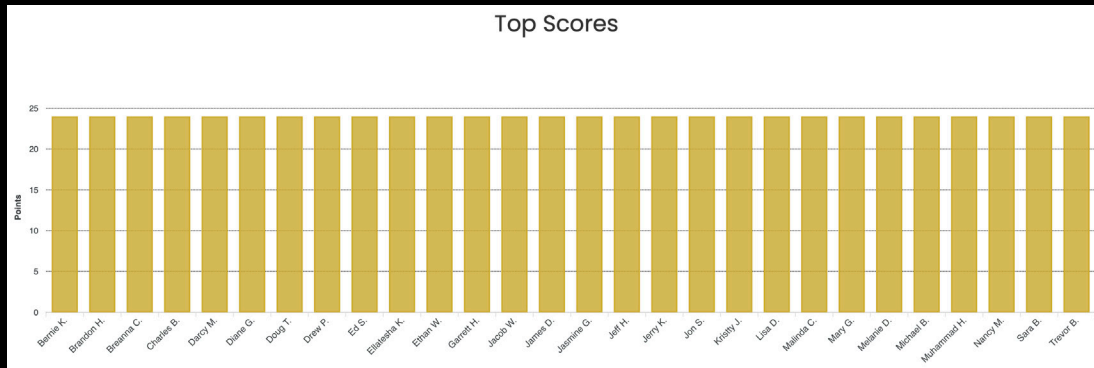
1:00 – 2:00 pm ET

You should have received an email confirmation with the join link, and you will receive a copy of the recording and slides in your inbox, even if you don't attend live!

Alissa Palladino
RD, LDN, CPT

Earn your point for this workshop by attending live or watching the recording.

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.

Check out the full scores and see where you stand 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

- Hip Thrust
- Romanian Deadlift
- Reverse Lunge
- Calf Raise

UPPER BODY

- Incline Bench Press
- Wide Grip Pulldown
- Chest Fly
- Close Grip Row
- Lateral Raise
- Overhead Tricep Extension
- Bicep Curl

Remember to reach out to your coach with any questions!



RECIPE OF THE WEEK:

Greek Chicken Bowls

Makes 4 serving

Ingredients:

CHICKEN

- 4 small chicken breasts about 1 1/4 pounds
- 1/4 cup olive oil
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1 teaspoon garlic powder
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoon dried basil
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon red pepper flakes

BOWL

- 2 cups cooked rice or quinoa
- 2 cups halved grape or cherry tomatoes
- 2 cups diced or chopped cucumber
- 4 cups shredded romaine lettuce
- 1 cup sliced red onion
- 1/2 cup feta

TZATZIKI

- 1 cup plain greek yogurt
- 1/2 cup grated cucumber
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1/4 teaspoon salt or to taste
- 1 tablespoon fresh chopped dill

Directions:

1. Whisk together all ingredients for the chicken marinade.
2. Pound the chicken to about 1/2 inch thick and add to a shallow bowl or ziplock bag with the marinade.
3. Let marinate for at least 30 minutes, or up to a few hours.
4. Meanwhile, combine all ingredients for the tzatziki and set aside.
5. Prep the rice and veggies.
6. Once the chicken is done marinating, preheat your air fryer to 380 and air fry on one side for 7 minutes, then flip and cook for 3-4 more minutes or until the internal temperature reaches 165 Fahrenheit.
7. If you do not have an air fryer, heat a skillet with oil or butter over medium/low heat and fry on side for 7-8 minutes, then flip and fry on the other side until golden and the temperature reaches 165 Fahrenheit.
8. Let the chicken rest for 5 minutes away from the heat, then slice.
9. Assemble your bowls with the rice, veggies, sliced chicken, tzatziki.

Calories: 603KCAL / Carbohydrates: 38G / Protein: 40G
Fat: 27G / Fiber: 2G / Sugar: 11G



“Health is the first muse, and sleep is the condition to produce it.”

- Ralph Waldo Emerson

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