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Effective Warm-Up and Cool-Down

Warming up and cooling down might feel like an afterthought when you're excited to jump into a workout, but they're key to both performance and injury prevention. Think of your muscles like rubber bands: cold, tight muscles are more prone to snapping. Warming up gently increases your heart rate, improves blood flow to your muscles, and prepares your body for movement, reducing the risk of injury. Plus, it mentally gets you in the zone for your workout.

Here's how to warm up effectively:

1. *Start with light cardio – Jog, cycle, or use the elliptical for 5-10 minutes. This gets blood flowing and starts to activate your muscles.*
2. *Dynamic stretches – Incorporate leg swings, arm circles, or lunges to improve flexibility and mobility.*

Now, let's talk about cooling down. When you finish your workout, your muscles are warm and need to be gently brought back to a resting state. Cooling down helps prevent dizziness, promotes flexibility, and reduces soreness.

Cool down tips:

1. *Slow-paced cardio – Gradually bring your heart rate down with 5 minutes of walking or light cycling.*
2. *Static stretches – Hold stretches for 20-30 seconds to release tension and improve flexibility.*

Make these two steps part of every routine, and you'll feel stronger, recover faster, and avoid unnecessary aches!

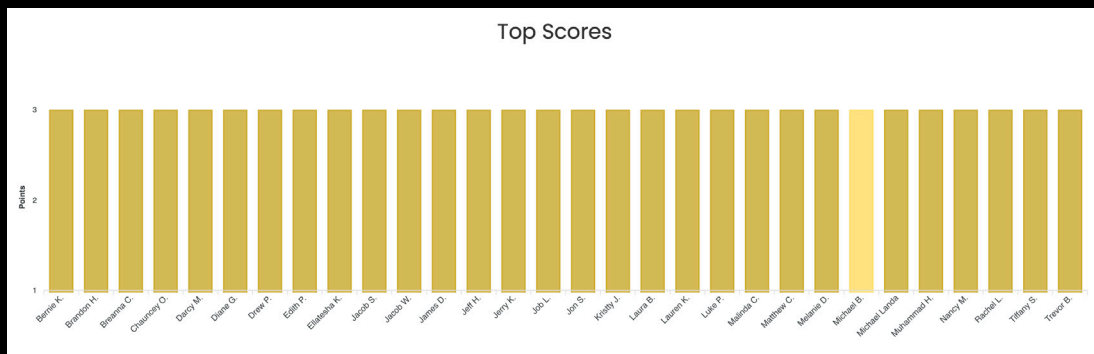
TRAINER TIP:



<https://youtu.be/If6ZIC9HoPY>

This Tuesday, Skylar has even more pro tips for warming up and cooling down. Check it out and send your Travel Agent proof of you warming up or cooling down this week!

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

- Rear Foot Elevated Split Squat
- Farmer Walk
- Goblet Squat
- Walking Lunge
- Clean and Press
- Curtsy Lunge
- RDL
- Skaters

UPPER BODY

- Shoulder Press
- Hammer Curl
- Upright Row
- Bent Over Row
- Push Up
- Renegade Row
- Alternating Chest Press
- Overhead Tricep Extension
- Superman
- Crunch



Remember to reach out to your coach with any questions!

RECIPE OF THE WEEK:

Protein Pudding

Makes 1 serving

Ingredients:

- 1 cup (250 g) Greek yogurt, low fat or full fat
- 1/2 cup (40 g) protein powder

Optional Ingredients:

- 1 tbsp cocoa powder
- 1 to 2 tbsp maple syrup, if necessary, to taste
- Milk of choice

Directions:

1. In a bowl, combine Greek yogurt with protein powder and any optional mix-in (such as cocoa powder). Using a whisk or spoon, stir until the mixture reaches a pudding texture. Based on protein powder, you may need to thin it out with little milk if too thick.
2. Taste and adjust the sweetness with maple syrup or honey, if necessary.
3. Serve immediately, or place in an airtight container and store in the refrigerator for up to 3 days.

CALORIES: 317KCAL | CARBOHYDRATES: 9.2G |
PROTEIN: 57.2G | FAT: 4.6G



“The body is the only place you have to live—take care of it like a sacred temple.”

- Haruki Murakami

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