



IN THIS ISSUE

**WHY
STRENGTH
TRAIN?**

**TRAINER
FAVES: UPPER
BODY**

**BANANA
MATCHA
SMOOTHIE**

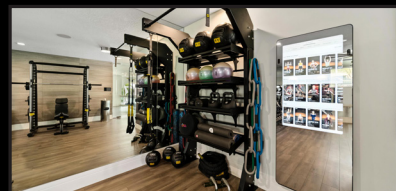
Why Strength Train?

Strength training isn't just for bodybuilders; it's for everyone! But why is strength training so important? Whether you're looking to boost your metabolism, prevent injuries, or simply feel stronger in daily life, resistance training, also called strength training, is a game-changer. Strength training helps build lean muscle mass, which in turn boosts your resting metabolic rate. This means you'll burn more calories at rest!

In fact, there's growing evidence that doing regular strength training can improve bone density, reduces risk of heart disease, and even reduces the likelihood of premature death! Just 30-60 minutes of strength training has been shown to be beneficial, but adding cardiovascular exercise increased the benefits even more. In addition to these physical benefits, strength training is great for your confidence.

By this point in FitTrip^{Rx}, you have probably increased the challenge and increased the weight you use for exercises. It's so exciting when you used to struggle with a certain weight, but it starts feeling easy. You should be proud of the progress you've been making!

FitTrip^{Rx}™ is a Corporate Health Unlimited Program ©2025



Custom home gym designed by FitTrip^{Rx} sponsor

FITNESSMITH
H

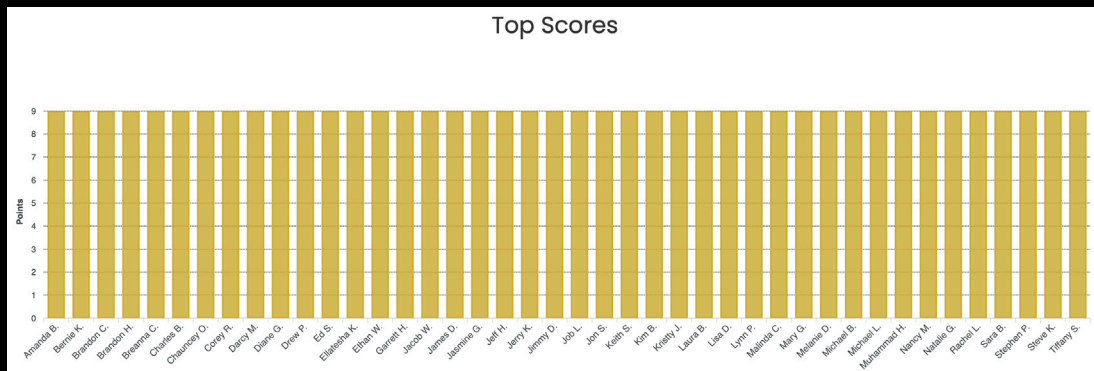
TRAINER TIP:



This week, Josh shares his favorite upper body exercises. There are so many variations of exercises; you can always find a version of an exercise that works best for you. Check out Josh's top five faves and share your favorite upper body exercise with your Travel Agent to earn your point this week!

https://youtu.be/uFo5oz_jSQM

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

- Back Squat
- Rear Foot Elevated Split Squat
- Romanian Deadlift
- Walking Lunge
- Leg Press
- Hip Thrust
- Leg Extension
- Leg Curl

UPPER BODY

- Close Grip Pull Up
- Overhead Press
- Incline Bench Press
- Single Arm Bent Over Row
- Deadlift
- Face Pulls



Remember to reach out to your coach with any questions!

RECIPE OF THE WEEK:

Banana Matcha Smoothie

Makes 16 ounces

Ingredients:

- 1 cup Greek yogurt (non-fat, plain)
- 1/2 cup milk (2%)
- 1 teaspoon matcha powder
- 1 medium banana, frozen

Directions:

1. Add Greek yogurt, milk, matcha powder, optional sweetener and frozen banana to blender. Put them into the blender in the order your blender manufacturer recommends.
2. Blend the smoothie until the banana is completely smooth and there are no lumps of matcha (about 1 minute). Use the smoothie button, if your blender has one.
3. Garnish with banana slices and matcha powder sprinkled on top, if desired.

CALORIES: 298 TOTAL FAT: 2.5g SATURATED FAT: 1.5g
CARBOHYDRATES: 41g FIBER: 3g SUGAR: 28g PROTEIN: 29g



“The big talent is persistence.”

- Octavia E. Butler

POWERED BY

READY FITNESS
EQUIPMENT • DESIGN • SERVICE

brainstorm
creative group

FITNESSMITH

HYPERICE

25 FITTRIP
YEARS OF TRANSFORMATION

FitTripRx™ is a Corporate Health Unlimited Program ©2025

CORPORATE HEALTH
UNLIMITED
A CORPORATE SPORTS COMPANY