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RECOVERY**

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**BONUS PRIZE**

**Rock Your Recovery**

*Recovery after a workout is just as important as the workout itself. It's your body's way of repairing and rebuilding muscle, reducing soreness, and preventing injury. If you skip recovery, you could potentially end up feeling drained or even overtrained, which can hinder your progress. So, here's how to recover like a pro.*

*First, hydrate! After sweating it out, your body needs to replenish lost fluids. Drink water or a sports drink that is high in electrolytes to keep your energy levels up.*

*Next, refuel with a healthy post-workout meal. Aim for a balance of protein and carbs—your muscles will thank you for the protein, while carbs help restore your energy reserves.*

*Stretching or engaging in a light activity, such as walking or yoga, can ease stiffness and improve flexibility. Foam rolling is also a great way to release tension and boost circulation.*

*One of the most essential aspects of recovery is sleep! During sleep, your body gets busy repairing muscles and restoring energy. A good night's rest will assist in you feeling strong and refreshed.*

*Lastly, be sure to listen to your body. If you feel sore or tired, take a rest day. Active recovery, like a gentle swim or a slow bike ride, is perfect for helping your muscles recover without overdoing it and stressing your muscles.*

*With these tips after a great workout, you'll be back at it in no time, stronger and more energized than ever!*

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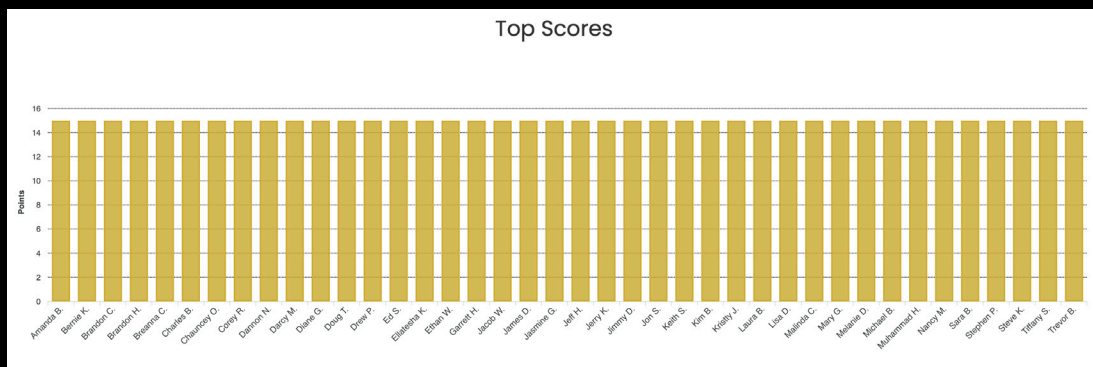
## TRAINER TIP:



<https://youtu.be/3vrRfw14uoM>

Follow along with this foam rolling routine, guided by Matt. If you aren't sure how to start foam rolling, or you want to check your technique, this video will help you. Send your Travel Agent proof of you foam rolling to earn the point 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](http://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
- Side Lunge
- Sumo Squat
- High Knees
- Mountain Climber
- Bent Leg Kickback

### UPPER BODY

- Burpee
- Plank Shoulder Tap
- Mountain Climber
- Alternating Bicep Curl
- Bench Dip

Remember to reach out to your coach with any questions!



# RECIPE OF THE WEEK:

## Ground Chicken Lettuce Wraps

Makes 8 servings

### Ingredients:

- 1 pound ground chicken
- 1 tablespoon oil
- 8 ounces water chestnuts, diced
- 1 small bell pepper, diced
- 3 cloves garlic, minced
- 1/2 inch ginger, chopped
- 1 small onion, finely diced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 head romaine or 8 large leaves

### Lettuce Wrap Sauce:

- 1/4 cup hoisin sauce
- 1 1/2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1/2 tablespoon sesame oil
- 1/2 teaspoon cornstarch

### Directions:

1. In a small bowl, whisk together the hoisin sauce, soy sauce, rice wine vinegar, sesame oil, and cornstarch, until combined.
2. Heat the oil in a non-stick skillet and place over medium heat. Once hot, add the chicken, break it apart, and stir fry for 2-3 minutes until no longer pink.
3. Push the chicken to one side of the pan, add the chestnuts, bell pepper, garlic and onion and stir fry for several minutes.
4. Add the sauce and cook everything together for 1-2 minutes, until everything is evenly coated.
5. Place the filling in the lettuce cups and serve immediately.

Calories: 170kcal; Carbohydrates: 14g; Protein: 12g; Fat: 8g



## BONUS PRIZE:

### Hyperice Venom Go

Check out Week 3's Bonus Prize winner, Michael, with his Hypervolt Go 2 massage gun! Want to win a prize like he did? Make sure you earn all three points this week for a chance to win your very own Hyperice Venom Go!



**“Self-care is how you take your power back.”**

- Lalah Delia

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