A Note From Your Fit Plus Team

Welcome to the second issue of Thrive and Strive! This month-of-March, your Fit Plus Team is bringing to you new classes, videos, and challenges! Stay tuned for new content every week: Motivational Mondays, Trainer Tip Tuesdays, Wellness Wednesdays, Fitness Hack Fridays, and an updated Spring 2021 Class Schedule listing our regular wellness classes and some new course offerings brought to you by your Fit Plus Interns!

Let's get ready this month to work toward our our health and wellness goals!

Follow us @sfsufitplus on Instagram!

With appreciation,

Fit Plus
VEGAN PROTEIN PANCAKES

INGREDIENTS:

- 100g Rolled oats (blended into a flour texture)
- 1 ripe banana
- 1 cup of unsweetened almond milk
- 1 tsp of baking powder
- 1/4 tsp Baking Soda
- 2 scoops Protein of choice

Place in a frying-pan over medium heat on the stove-top and pour pancake mixture. Serve with your favorite fruits or maple syrup and enjoy!
LOW-CALORIE ALTERNATIVES

• **Snacks**
  - Smart PopCorn
  - Hold The Cone Ice Cream- Trader Joes
  - Pop Chips (Alt for Potato Chips)
  - Archer Farms Ice (low cal/high protein)
  - Oh Snap Pickles (0-15 cal)

• **Drinks**
  - PBfit powder (tastes great in protein shakes)
  - Gatorade Zero (5-10 cal)
  - White Claw 70 (70 cal)

• **Grocery**
  - Sara Lee Delightful Healthy Multi-Grain Bread (45 cal/slice)
  - Ole Xtreme Wellness High Fiber Low Carb Tortilla Wraps (50 calories per tortilla)

• **Condiments**
  - Bolthouse classic ranch (45 calories per serving)
Tired of feeling stuck at home with no gym equipment?

Looking for new ways to spice up your home workouts?

Then Fitness Hack Fridays may be the video series for you!

Last month we launched 3 Fitness Hacks available for your viewing on the FIT Plus iLearn Page!

Links to featured FITNESS HACKS:

#1: TOWEL EXERCISES 2/12
https://ilearn.sfsu.edu/collab/mod/folder/view.php?id=126717

#2: TOWEL & BACKPACK EXERCISES 2/19
https://ilearn.sfsu.edu/collab/mod/folder/view.php?id=128034

#3: CORE EXERCISES with a CHAIR 2/26
Hey there Fit Plus Family!

Looking for a fun way to get your exercise in this month?

We would like to invite you to join us in completing this month's Wellness Challenge, **MARCH MADNESS BINGO**

A chance to win a complimentary session with Coach Justin's Boot Camp!

Participant completion will be inputed and recorded on the FitPlus iLearn page.

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**MUST:** Attend a Bootcamp w/ Justin

<table>
<thead>
<tr>
<th>30 sec Plank</th>
<th>15 Triceps Dips</th>
<th>30 sec Cobra Pose</th>
<th>25 Squats</th>
<th><strong>MUST:</strong> Attend 2 Barre-lates w/ Aly</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 sec Wall Sit</td>
<td>25 Jumping Jacks</td>
<td>Join 3 Fit Plus Classes</td>
<td>30 sec High Knees</td>
<td>30 sec Supine Twist</td>
</tr>
<tr>
<td>20 Lunges w/ Twist</td>
<td>30 sec Single Foot Stand</td>
<td>10 Push-Ups</td>
<td>10 Calf Raises</td>
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</tr>
<tr>
<td>30 sec Downward Dog</td>
<td>MUST: Attend Feel the Burn w/ Franco</td>
<td>20 Fire Hydrants</td>
<td>30 sec Standing Hamstring Stretch</td>
<td>20 Bridges</td>
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**LOOK OUT FOR A NEW BINGO CARD EACH WEEK!**
NEW!

Yoga-101

BY PRISCILLA

ZOOM LINK AVAILABLE IN THE FIT PLUS ILEARN PAGE
IT'S TIME TO SHAPE UP!

FEEL THE BURN

Smash your workouts with Fit Plus intern- Franco!

Join in on this low-impact body sculpting and strengthening class Tuesdays and Thursdays at 5:30PM
Fit Plus Members

Did you know we're on social media?

We post weekly and focus on motivation, fitness tips, and health & wellness related topics. Give us a follow and check out our weekly posts which include:

- Motivation Monday
- Trainer Tip Tuesday
- Wellness Wednesday
- Treat Yourself Thursday
- Fitness Hack Friday

Follow us @sfsufitplus