

VOL. 1 ISSUE 1 · FEBRAURY 2021

# THRIVE AND STRIVE

Official Newsletter of Fit Plus

## A Note From Your Fit Plus Team

Welcome to the first issue of Thrive and Strive, a monthly newsletter designed to keep our subscribers up-to-date on our newest offerings, fitness tips and techniques, healthy recipes, and much more! Thank you for your support and your dedication to your wellness during these unprecedented times. Fit Plus is proud to be your wellness program partner and will continue to deliver new content every month.

More to come!

-Fit Plus



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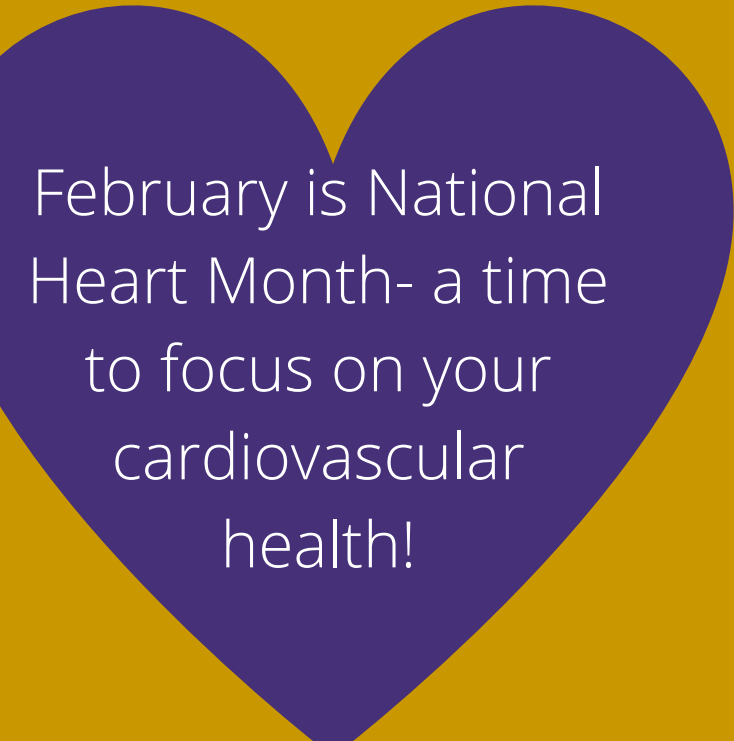
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# Heart Health Month

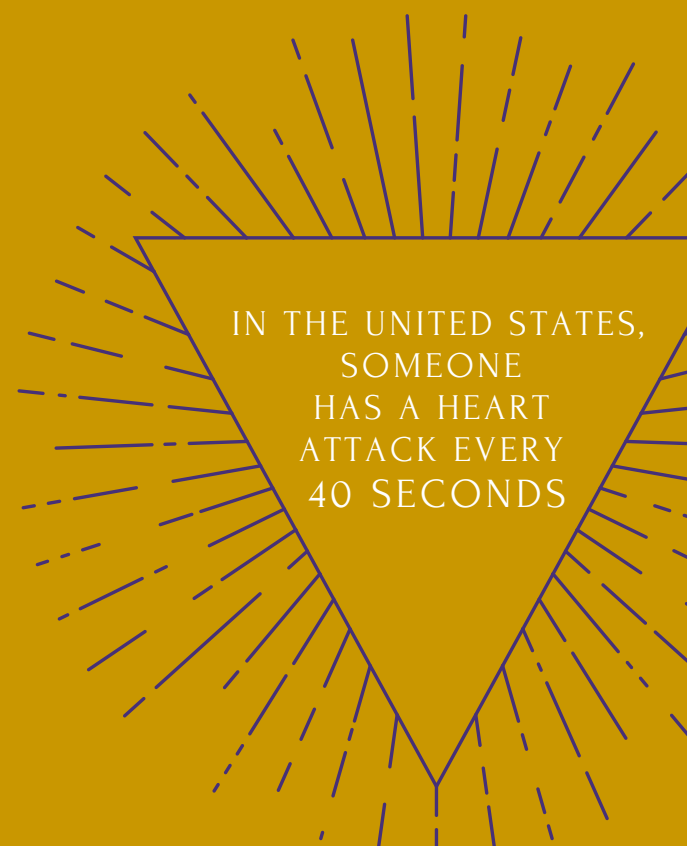
Visit [CDC.gov](https://www.cdc.gov) for more information



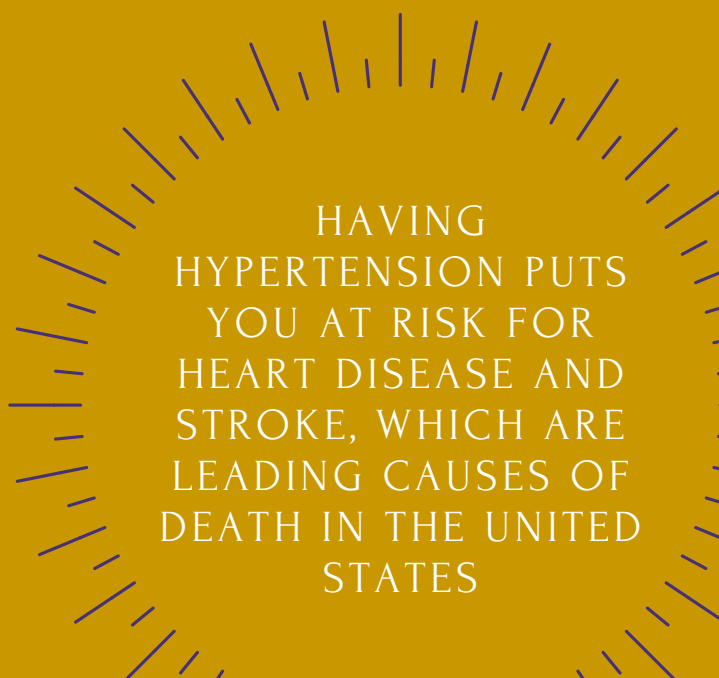
February is National Heart Month- a time to focus on your cardiovascular health!

## Tips to lower blood pressure:

1. **Follow a healthy diet low in salt and saturated fats**
2. **Be physically active**
3. **Do not smoke**
4. **Limit alcohol consumption**
5. **Get adequate sleep**



IN THE UNITED STATES,  
SOMEONE  
HAS A HEART  
ATTACK EVERY  
40 SECONDS



HAVING  
HYPERTENSION PUTS  
YOU AT RISK FOR  
HEART DISEASE AND  
STROKE, WHICH ARE  
LEADING CAUSES OF  
DEATH IN THE UNITED  
STATES

# FITNESS HACK FRIDAYS

From your Fit Plus Team

New video on Fridays, 9am

Tired of feeling stuck at home with no gym equipment?

Looking to spice up your health and fitness activities?

If so, Fit Plus would like to introduce Fitness Hack Fridays!

In this weekly video series, your Fit Plus team will bring to you tips and tricks to help you get creative with your fitness and health!

Videos will be launched every Friday morning on the Fit Plus iLearn page.

Here's Franco with a preview of one of our Fitness Hacks.



Come check out our first Fitness Hack Friday if you're looking for a workout with equipment found in your home! (premiering 2/12/21).

# STAYING MOTIVATED THROUGH THE PANDEMIC

Hey Fit Plus Members!

AS WE ALL KNOW TIMES ARE CHALLENGING AND STAYING ACTIVE DURING LOCKDOWN CAN BE TOUGH WHILE STAYING AT HOME, OUR PHYSICAL ACTIVITY IS LIKELY MORE LIMITED NOW THAN IT USED TO BE. IT IS IMPORTANT TO REMEMBER THAT EXPERIENCING REDUCED MOTIVATION DURING THIS PANDEMIC IS NORMAL. OUR DAILY ROUTINES WERE DRASTICALLY CHANGED AND WE ALL HAD TO ADJUST TO SOMETHING WE WERE NOT PREPARED FOR.



HERE'S ARE SOME TIPS FROM COACH JUSTIN ON HOW TO STAY MOTIVATED THROUGHOUT THE PANDEMIC:

"SET GOALS AND READ THEM DAILY. EVERYONE SETS GOALS WHETHER CONSCIOUSLY OR UNCONSCIOUSLY. SO IT'S BETTER TO BE CONSCIOUS AND SET IT FOR THINGS YOU WANT VS THINGS YOU DON'T. "

"BE ACCOUNTABLE AND GET CREATIVE WITH YOUR FITNESS GOALS! WHETHER IT BE SETTING A DAILY STEP GOAL CHALLENGE WITH YOURSELF OR EVEN WITH A PEER. COMPETING WITH FRIENDS AND FAMILY CAN BOOST OUR MOTIVATION AND HELP ESTABLISH HEALTHY HABITS!"

*Food for the Soul*

# HEART HEALTH EDITION

## HEART HEALTHY FOODS

- Leafy Greens (kale and spinach)
- Whole Grains
- Berries
- Avacado
- Walnuts, Almonds, Seeds
- Black Beans
- Tomatoes
- Garlic
- Dark Chocolate!





# Announcements, Updates, Events

New Monthly Newsletter!

New Class Offerings!

New Video series!

New Challenges!

New Fit Plus Team Members!

[see Fit Plus iLearn page for more information.]