

THRIVE AND STRIVE

Official Newsletter of Fit Plus

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



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NUTRITION EDITION

HOW TO STAY HEALTHY
DURING A PANDEMIC

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)

FITNESS HACK FRIDAYS

NEW VIDEOS 9am, Fridays

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>



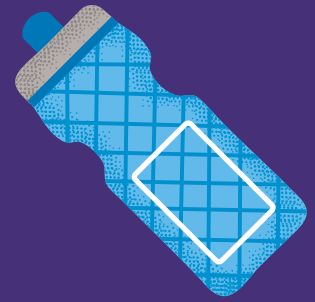
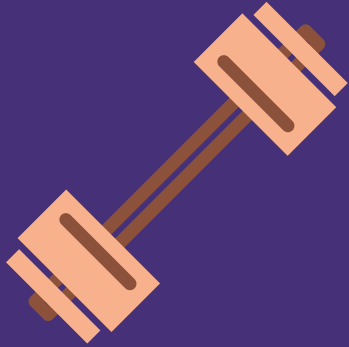
#3: CORE EXERCISES with a CHAIR 2/26

<https://ilearn.sfsu.edu/collab/mod/folder/view.php?id=128274>



HERE'S A FEATURED EXERCISE ALTERNATIVE FROM
FITNESS HACK FRIDAY #2

MARCH MADNESS BINGO



30 sec Plank	15 Triceps Dips	30 sec Cobra Pose	25 Squats	MUST: Attend 2 Barre-lates w/ Aly
MUST: Attend a Bootcamp w/ Justin	30 sec Mountain Climbers	Use 2 Fitness Hack Exercises	20 Sit-ups	20 Step Ups
30 sec Wall Sit	25 Jumping Jacks	Join 3 Fit Plus Classes	30 sec High Knees	30 sec Supine Twist
20 Lunges w/ Twist	30 sec Single Foot Stand	10 Push-Ups	MUST: Attend 2 Yoga 101 w/ Priscilla	10 Calf Raises
30 sec Downward Dog	MUST: Attend Feel the Burn w/ Franco	20 Fire Hydrants	30 sec Standing Hamstring Stretch	20 Bridges

**LOOK OUT FOR A
NEW BINGO CARD
EACH WEEK!**

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.**



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

SOCIAL MEDIA

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