

2022

GET FIT TEXAS VIRTUAL SWAG BAG!



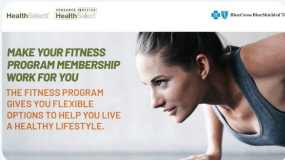
Health & Wellness Benefits Swag:



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FOR MORE INFO:~



**PARTICIPATE BETWEEN
JANUARY 10-MARCH 20**

www.getfittexas.org

Video Links



Movement:



Back Strength
5 minutes



Warm-up for movement!
5 minutes



Stretch at your desk
10 minutes



Yoga Break
15 minutes



Body Weight Cardio & Tabata
10 minutes



Cardio & Tabata w/Equipment
10 minutes

Quick Cooking Videos from Agrilife Extension:



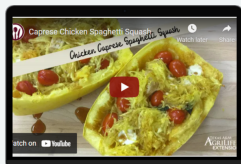
Avocado Mandarin
Tossed Salad



Beef & Broccoli
Stir Fry



Hearty Two Bean
Minestrone Soup



Chicken Caprese
Spaghetti Squash



California Chicken Pasta



Weekly Meal Plan
Template

Virtual Fitness Schedule



7-7:30 a.m. CT

9-9:15 a.m. CT

12:00-12:30 p.m. CT

12:30-12:45 p.m. CT

**Motivated
Monday**

MINDFULNESS,
MOVEMENT &
MOTIVATION

ZUMBA
TONING

**Thriving
Tuesday**

MINDFULNESS,
MOVEMENT &
MOTIVATION

CORE,
FLEX
& STRETCH

**Wellness
Wednesday**

WORKPLACE
YOGA
*9-9:30 A.M.

STRENGTH
TRAINING

ROLL &
RELAX

**Take-
charge
Thursday**

MINDFULNESS,
MOVEMENT &
MOTIVATION

BARRE
ABOVE

**Feel-Good
Friday**

ACTIVE
RECOVERY

MINDFULNESS,
MOVEMENT &
MOTIVATION

For full event details check out the calendar at <http://www.getfittexas.org>

Virtual fitness and wellness opportunities provided by:



Quick Desk Stretch Series



1. **Lateral Flexion Stretch**- Interlace fingers, turn palms up and reach hands toward ceiling. Bend to the left, then the right. Hold each position for three deep breaths



2. **Wrist Stretch**-Extending your arm with your palm up, extend your wrist by applying slight pressure with the opposite hand. Hold each stretch for 3 deep breaths.



3. **Spinal rotation**- Twist to one side, gripping the seat or arm of your chair for stability. Lift the crown of the head toward ceiling and hold for 3 breaths on each side.



4. **Neck Stretch**- place your right hand to the left side of your skull. Gently guide the head to the right until you feel a stretch in the muscles through the left side of your neck . Hold 3 breaths and repeat on the other side.



5. **Chest & Shoulder Stretch**- Reach your hands behind your head and interlace your fingers. Lift your chest toward the ceiling and stretch your elbows behind you as far as you can. Hold for 3 deep breaths.



6. **Shoulder, back, & triceps Stretch**- Reach your left hand up toward the ceiling, then bend your elbow. Let your left hand release down toward your back. Gently pull your left elbow with the right hand and lean to the right. Hold 3 for deep breaths and repeat on the other side.