



FUEL FITNESS

PROGRAM OUTLINE





TABLE OF CONTENT

JAC'S AUTO SURVEY RESULTS



© Ross Edgley

PART
01

**WE
ARE A
WELLNESS
PROGRAM
FOR JAC'S AUTO**



WHO IS JAC'S AUTO

SMALL FAMILY OWNED BUSINESS

47 EMPLOYEES

82% MALE

18% FEMALE

AVERAGE AGE : 50 YEARS



SURVEY

SURVEY

WE ASKED:

What is your job role?

Are you happy with your current physical activity level?

What interests you in the current wellness program?

What healthy snacks would you like to see in the workplace?

What is your stress level at work

How likely are you to participate in a Wellness program?

How are your current eating habits?



CHALLENGES RESULT CONCERNS

CHALLENGES

- POOR COMPUTER SKILLS
- FOOD USED FOR INCENTIVES/DONUTS,CANDY JARS,
- CATERED LUNCHES..

CONCERNS

OBESITY, DIABETES, LACK OF PHYSICAL ACTIVITIES, STRESS
AROUND HOME FINANCES

RESULTS:

- OUTDOOR ACTIVITIES/EXERCISE
- HEALTHY SNACKING
- FINANCIAL MANAGEMENT
- NUTRITION



“MISSION

To fuel Jac's Auto employees' body and mind by education and support . As we strive for a healthier and happier workforce.

PART 02



“VISION

Fuel fitness will continually educate and improve the wellness of the employees and families by educating them healthier wellness and nutrition practices.

We utilized a needs and assessment survey to determine what the individuals at the company are most concerned with.





DECREASE BODY FAT IN INDIVIDUALS BY 2%

- INCREASING PHYSICAL ACTIVITY
- MEETING 2X A WEEK FOR OUTDOOR PHYSICAL ACTIVITIES
- PROVIDING HEALTHY RECIPES EACH WEEK TO ENCOURAGE HEALTHIER EATING
- FUEL FACTS
- GYM MEMBERSHIPS

DECREASE IN VENDING MACHINE SALES BY 5%.

- PROVIDING HEALTHIER SNACK OPTIONS IN THE WORKPLACE

BY DOING THESE THINGS WE ARE GOING TO ATTEMPT TO INCREASE HRA SCORES BY TWO POINTS.

BUDGET MARKETING

INCENTIVES

GOAL

12 WEEK BODY COMP CHALLENGE APRIL 1ST

The goal is to challenge employees to eat healthier, become more physically active and to foster healthy competition between co-workers. In this program we are going to measure Body Composition in the beginning, middle then the end of the program. The person with the most significant positive change in body composition will win a prize

fitness fuel fitness fuel fitness fuel fitness fuel fitness fuel

PART
03



INCENTIVES

T-SHIRTS

WEEKLY HEALTHY SNACKS AND LUNCHES

GYM MEMBERSHIPS TO PLANET FITNESS (3MONTHS)

WATER BOTTLES

PRIZES FOR THE WINNERS

1st Place Winner \$700 + Vacation Day

2nd Place Winner \$500 + Half Day

3rd Place Winner \$200



INCENTIVES

BUDGET

Item Needed	# of items	Cost for item(s)	Total Cost
Weekly Prize	12	35	\$420
Scott (Chef)	94	\$30	\$2,820
Gym Member-ship	47	\$10 per month	\$470/Month
Gift Cards	47	\$50	\$2,350
T-Shirts	50	\$14/Each +50	\$750
Water Bottles	150	\$1.99 ea. + Shipping \$10.00	\$298.00
Winner 1	1	\$700	\$700
Winner 2	1	\$500	\$500
Winner 3	1	\$200	\$200
Groceries	12	\$200/Week	\$2,400
Vacation Hrs	12 Hrs	\$0	\$0

ALLOWED \$150,000

Total Spent \$11,548

MARKETING MATERIALS

PART
03

SOCIAL MEDIA POST

FUELFIT@JAC'SAUTO.COM

FUEL FITNESS IS A 12 WEEK PROGRAM THAT WILL CHALLENGE YOU TO GET HEALTHY THROUGH EXERCISE AND NUTRITIONAL CHANGE.



FUEL FITNESS

GET READY 2
FUEL YOUR BODY

APRIL 1ST

REGISTER NOW



FUEL FITNESS

12 WEEK BODY COMP CHALLENGE

The Challenge

Fuel Fitness is a 12 week program that will challenge you to GET HEALTHY through exercise and nutritional change. So our engines can run strong for the long haul.

Get Healthier

Twice a week (Monday and Wednesday) we will meet at a park to participate in group exercise to strengthen our engines and chassis. Come prepared for fun!

Register Today

Fill out a registration form located in the lunch room and return to us no later than March 20th, 2024 . The Challenge begins April 1st and weigh-ins will be conducted every Monday. Body Composition every 4 weeks.

Big Prize

1st Place \$500
2nd place \$300
3rd place \$100

BEGINNING APRIL 1ST

TEXT MESSAGES

This is Fuel Fitness, it's time to start your engines to prepare for the wellness race. We'll teach you how to maintain and fuel your most important engine to ensure longevity and performance.

We are offering a 12 week program that will challenge you to a healthier lifestyle and <<<WIN CASH PRIZES>>> Program Begins April 1st.

Please fill out the registration form and PAR Q no later than March 20th..
LET'S GET THIS, TEAM!!

BANNER



GET READY
TO START
YOUR ENGINE

**12 WEEK
BODY COMP
PROGRAM**





REGISTRATION FORM

FUEL FITNESS



FULL NAME

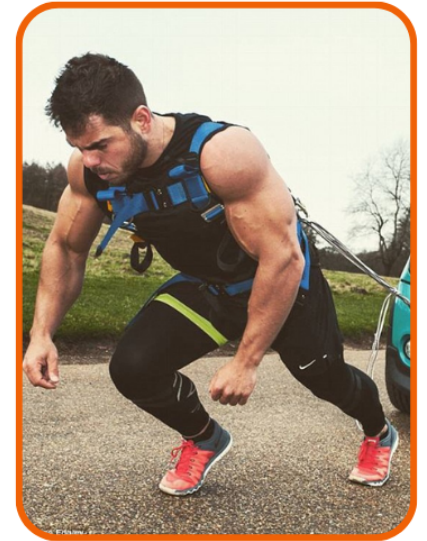
GENDER

AGE

Male

Female

N/A



ADDRESS

CITY

ZIP CODE

PHONE NUMBER

EMAIL ADDRESS

EMERGENCY CONTACT

NUMBER

WHY DO YOU WANT TO DO THE PROGRAM?

I,[Your Full Name], hereby declare that all the information provided in this registration form is true and accurate to the best of my knowledge. I understand that participating in physical exercise and fitness activities carries inherent risks, and I voluntarily assume all such risks. I acknowledge that JAC'S AUTO and its staff are not responsible for any injuries or accidents that may occur during the program

Signature: _____

Date: / /

THANK YOU

2023 PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone






The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

 **If you answered NO to all of the questions above, you are cleared for physical activity.**

Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.

-  Start becoming much more physically active – start slowly and build up gradually.
-  Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/i/item/9789240015128>).
-  You may take part in a health and fitness appraisal.
-  If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
-  If you have any further questions, contact a qualified exercise professional.

PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.




NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____

 **If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.**

Delay becoming more active if:

-  You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
-  You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.
-  Your health changes - answer the questions on Pages 2 and 3 of this document and/or talk to your doctor or a qualified exercise professional before continuing with any physical activity program.

WEEK 1



This is FUEL FITNESS, it's time to start your engines to prepare for the wellness race. We'll teach you how to maintain and fuel your most important engine to ensure longevity and performance.

Healthy snacks will be brought weekly for participants in the program
To prepare for the program we will begin with getting snacks such as fresh fruit, cheese, nuts etc

MONDAY

Body composition will be taken
Recipe #1 will be sent out

ACTIVITY

After the work day will be a walk in the park

WEDNESDAY

30 min sessions

Warm Up
Jumping Jacks
Squats
Lunges
Arm Circles

TESTING

Push ups per minute
Sit-ups per minute
Mile time
One leg stand for time

FRIDAY

Determine most taken snacks to determine what to buy next week





RECIPE OF THE WEEK

BLACK BEAN AND CHILLI

1 tablespoon vegetable oil
1 pound boneless skinless chicken breasts, cubes
1 cup chopped green bell pepper
1 cup chopped onion
1 tablespoon McCormick® Paprika
1 1/2 teaspoons McCormick® Oregano Leaves
1 teaspoon McCormick® Ground Cumin
1 teaspoon McCormick® Garlic Powder



Heat oil in large skillet on medium-high heat. Add chicken, bell pepper and onion; cook and stir 6 to 8 minutes or until chicken is lightly browned. Add paprika, oregano, cumin, garlic powder and red pepper; mix well.

Stir in remaining ingredients. Bring to boil. Reduce heat to low; simmer 20 minutes.

Fuel Fact:

Everything counts when it comes to movement. Exercise IS
NOT all or nothing.

Focus on how exercise makes you feel.

WEEK 2

ANNOUNCE WEEK 1 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #2 will be sent out

Hand out prize

ACTIVITY

After the work day will be a walk in the park

WEDNESDAY - PARK ACTIVITY

30 mins . 30 sec /30. 3 sets each

Jog warm up

Push ups

Squats

Lunges

Sprint Race

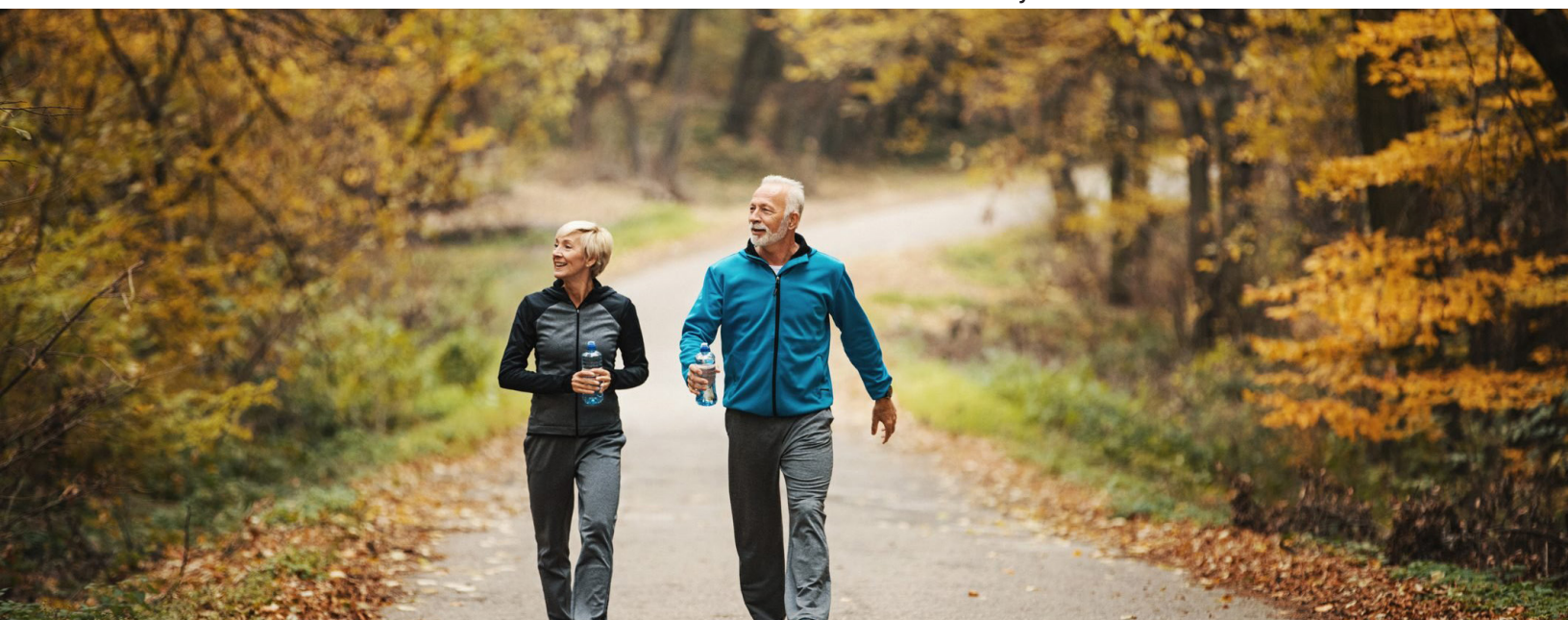
Jumping Jacks

Shoulder Taps

Mt, Climbers

FRIDAY

Determine most taken snacks to determine what to buy next week





RECIPE OF THE WEEK

SALMON TACOS WITH PINEAPPLE SALSA

- 1 (1 pound) salmon fillet
- 1 teaspoon chili powder
- $\frac{3}{4}$ teaspoon salt, divided
- 1 tablespoon + 1 teaspoon extra-virgin olive oil, divided
- 1 (9 ounce) package coleslaw mix (5 cups)
- $\frac{1}{2}$ lime, juiced
- 8 (6 inch) corn tortillas, warmed (see Tip)
- $\frac{3}{4}$ cup purchased pineapple salsa (see Ingredient Note)
- Chopped fresh cilantro, for garnish
- Hot sauce for serving
- 1 can (15 ounces) great Northern beans, drained and rinsed
- 1 can (14 1/2 ounces) diced tomatoes, undrained
- 1 cup chicken stock
- 1 cup frozen corn



Arrange oven rack in upper third of oven so salmon will be 2 to 3 inches below heat source. Preheat broiler to high.

Line a baking sheet with foil. Lay salmon on the foil, skin-side down. Broil, rotating the pan from front to back once, until the salmon is starting to brown, is opaque on the sides and the thinner parts of the fillet are sizzling, 5 to 8 minutes, depending on thickness.

Sprinkle the salmon with chili powder and $\frac{1}{4}$ teaspoon salt. Drizzle with 1 teaspoon oil and brush with a heatproof brush to moisten the spices. Return to the oven and continue broiling until the salmon just flakes and the spices are browned, 1 to 2 minutes more

Meanwhile, toss coleslaw mix with lime juice, the remaining 1 tablespoon oil and the remaining $\frac{1}{2}$ teaspoon salt.

Flake the salmon, discarding skin. Divide the salmon among tortillas and top with salsa. Serve with the coleslaw and garnish with cilantro and hot sauce, if desired.

Fuel Fact:

Food Digestion Starts In The Mouth

WEEK 3

ANNOUNCE WEEK 2 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #3 will be sent out

Hand out last weeks prize

ACTIVITY

After the work day will be a walk in the park

WEDNESDAY - PARK ACTIVITY

Dice in the park

30 Min Session.

FRIDAY

Determine most taken snacks to determine what to buy next week





RECIPE OF THE WEEK

HERB CHICKEN WITH SPINACH & TOMATOES

2 tablespoons oil
1 1/2 pounds chicken breast tenderloins
Substitutions available
1 medium onion, chopped
1 can (14 1/2 ounces) diced tomatoes, undrained
1/4 cup water
1 teaspoon McCormick® Basil Leaves
1/2 teaspoon Pure Ground Black Pepper
1/2 teaspoon Garlic Powder
1/2 teaspoon Oregano Leaves
1/2 teaspoon salt



Heat oil in large skillet on medium-high heat. Add chicken; cook and stir 10 minutes or until browned. Add onion; cook and stir 5 minutes or until softened.

Stir in tomatoes, water and seasonings. Bring to boil, stirring occasionally. Reduce heat to low; cover and simmer 3 minutes or until heated through.

Stir in spinach; cook 2 minutes or until spinach begins to wilt.

Fuel Fact:

Studies show that a diet high in soy didn't increase the chances of developing breast cancer and may even reduce that risk

WEEK 4

ANNOUNCE WEEK 3 WINNER

This is FUEL FITNESS, 4 weeks in.. Time is flying by. Everyone is doing amazing. Remember while we are driving on that highway to our better selves is to ensure a healthy eating habits. For any questions regarding nutrition please reach out to us. Here are here to help..

Otherwise Keep Rocking it....

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #4 will be sent out

Hand out last weeks prize

ACTIVITY

After the work day will be a walk in the park or **light jog**

WEDNESDAY

Kickball

FRIDAY

Determine most taken snacks

to determine what to buy next week

Call vendor to determine vending machine sales and check budget





Chicken Cutlets with Sun-Dried Tomato Cream Sauce

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- ½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
- ½ cup finely chopped shallots
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons chopped fresh parsley



Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165°F, about 6 minutes total. Transfer to a plate.

Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.

Fuel Fact:

Fiber helps us to feel fuller and bulks up stool. When too much is consumed at once, it will take longer to digest can lead to bloating and constipation.

WEEK 5

ANNOUNCE WEEK 4 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #5 will be sent out

Hand out last weeks prize

[Are They using the Gym Membership? Ask Questions](#)

ACTIVITY

After the work day will be a walk in the park or Light Jog

WEDNESDAY - PARK ACTIVITY

Dice in the park

30 Min Session.

FRIDAY

Determine most taken snacks to determine what to buy next week





RECIPE OF THE WEEK

SAUSAGE-&-QUINOA-STUFFED ZUCCHINI

1 tablespoon extra-virgin olive oil
3 links sweet or hot turkey sausage, casings removed
1 small onion, chopped
½ cup quinoa
1 cup water
1 cup quartered grape or cherry tomatoes
1 tablespoon chopped fresh marjoram
or 1 teaspoon dried
4 medium zucchini
¼ teaspoon freshly ground pepper
teaspoon salt
cup finely shredded Parmesan cheese



Heat oil in a large saucepan over medium-high heat. Add sausage and onion and cook, breaking the sausage into small pieces, until no longer pink, about 5 minutes. Add quinoa and water and bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the water is absorbed and the quinoa is tender, 15 to 20 minutes. Remove from heat and stir in tomatoes and marjoram.

Meanwhile, cut zucchini in half lengthwise. Cut a thin slice off the bottoms so each half sits flat. Scoop out the pulp, leaving a 1/4-inch shell. (Discard the pulp.) Place the zucchini in a microwave-safe dish and sprinkle with pepper and salt. Cover and microwave on High until tender-crisp, 3 to 4 minutes. Uncover.

Position rack in upper third of oven; preheat broiler to high.

Transfer zucchini to a broiler-safe pan (or pans). Fill with the quinoa mixture and sprinkle with cheese. Broil on the upper rack until the cheese is melted, about 2 minutes.

Fuel Fact:

The keto diet was developed as a treatment for those with epilepsy. It has been shown to reduce the severity and frequency of severe seizures that do not respond to traditional drug therapy.

Fuel Fact:

The keto diet was developed as a treatment for those with epilepsy. It has been shown to reduce the severity and frequency of severe seizures that do not respond to traditional drug therapy.

WEEK 6

ANNOUNCE WEEK 5 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #6 will be sent out

Hand out last weeks prize

ACTIVITY

After the work day will be a walk in the park or Light Jog

WEDNESDAY - PARK ACTIVITY

Dodge Ball

FRIDAY

Determine most taken snacks to determine what to buy next week





RECIPE OF THE WEEK

CARROT SOUP

1 tablespoon butter
1 tablespoon extra-virgin olive oil
1 medium onion, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1 teaspoon chopped fresh thyme or parsley
5 cups chopped carrots
2 cups water
4 cups reduced-sodium chicken broth,
½ cup half-and-half (optional)
½ teaspoon salt
Freshly ground pepper to taste



Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds. Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes.

Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

Fuel Fact:

Fats have many beneficial roles in the body and help us to absorb fat soluble vitamins
(A,D,E, K)

WEEK 7

ANNOUNCE WEEK 6 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #7 will be sent out

Hand out last weeks prize

ACTIVITY

After the work day will be a walk in the park or Light Jog

WEDNESDAY - PARK ACTIVITY

30 mins 30 sec /30 3 sets each

Jog

Frankensteins

Seal Jacks

Jumping Jacks

Body Squats

Push ups

Lunges

Bench Dips

Sit-ups

FRIDAY

Determine most taken snacks to determine what to buy next week



SPICY TOFU

6 cloves garlic, minced
2 teaspoons canola oil
1 tablespoon brown sugar
14 ounces firm tofu, preferably water-packed
¼ cup reduced-sodium soy sauce
2 teaspoons chile-garlic sauce, or to taste
4 cups thinly sliced tender bok choy greens
8 ounces fresh Chinese-style (lo mein) noodles
½ cup chopped fresh cilantro
4 cups vegetable broth,
4 ounces fresh shiitake mushrooms,
2 cups)
2 tablespoons grated fresh ginge



Drain and rinse tofu; pat dry. Cut the block into 1-inch cubes.

Heat oil in a Dutch oven over medium heat. Add ginger and garlic; cook, stirring, until fragrant, about 1 minute. Add mushrooms and cook until slightly soft, 2 to 3 minutes. Stir in sugar, broth, soy sauce and chile-garlic sauce; cover and bring to a boil. Add bok choy and tofu, cover and simmer until greens are wilted, about 2 minutes. Raise heat to high and add the noodles, pushing them down into the broth. Cook, covered, until the noodles are tender, 2 to 3 minutes. Remove from the heat and stir in cilantro.

Fuel Fact:

Roller blading and ice skating is a form of exercise

WEEK 8

ANNOUNCE WEEK 7 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #8 will be sent out

Hand out last weeks prize

Ask Questions? How are we doing Where are we at with goals?

Check If Gym Membership Is Being Used



ACTIVITY

After the work day will be a light jog around park

WEDNESDAY - PARK ACTIVITY

Dice in the Park

30 min Session

FRIDAY

Determine most taken snacks to determine what to buy next week

Call Vendors, Check budget

This is FUEL FITNESS, Time is just going by so fast. Can you believe that we are over half way to the finish line?

Keep your foot on the gas pedal, and keep driving through, your body will appreciate how you take care of it.

Please remember: Alex, Josh, and I are here if you need anything, Keep up the great effort.



RECIPE OF THE WEEK

FIBER-PACKED SPICY WHITE BEAN & SPINACH SALAD

- 2 (15-ounce) cans no-salt-added cannellini beans, rinsed
- 1 cup whole-milk plain yogurt
- $\frac{3}{4}$ teaspoon ras el hanout
- $\frac{1}{2}$ teaspoon refrigerated garlic paste
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon honey
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar
- 1 tablespoon harissa paste
- 1 (5 ounce) package baby spinach
- 1 cup julienned carrots
- $\frac{1}{4}$ cup unsalted roasted almonds, chopped
- 3 tablespoons golden raisins



Combine beans, yogurt, ras el hanout, garlic paste, salt and honey in a medium bowl; stir to incorporate, coarsely mashing beans, if desired.

Whisk oil, vinegar and harissa together in a large bowl. Add spinach, carrots, almonds and raisins; toss to coat. Serve the spinach mixture with the bean salad.

Fuel Fact:

Intermittent fasting is not a long term solution for weight loss, it may cause temporary weight loss, but is not a sustainable lifestyle. Having a healthy relationship with food and eating regular, well balanced meals is best for health and wellness

WEEK 9

ANNOUNCE WEEK 8 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #9 will be sent out

Hand out last weeks prize

ACTIVITY

After the work day will be a light jog around park

WEDNESDAY - PARK ACTIVITY

Tug A War

FRIDAY

Determine most taken snacks to determine what to buy next week





RECIPE OF THE WEEK

BEET AND AVOCADO WRAP

- 1 tablespoon lemon juice
- 1 tablespoon tahini
- 1 teaspoon extra-virgin olive oil
- 1teaspoon kosher salt
- 1 teaspoon ground pepper
- ½ cup julienned red beets
- 1 ½ tablespoons hummus
- 1 (8 inch) whole-wheat tortilla
- 2 leaves butter lettuce
- ½ medium avocado, sliced



Whisk lemon juice, tahini, oil, salt and pepper together in a medium bowl. Add beets; toss to coat. Spread hummus evenly over 1 side of tortilla. Place lettuce over hummus; top with beet mixture and avocado slices. Roll up burrito-style; slice in half.

Fuel Fact:

Gluten is a protein found in wheat, that provides nutrition and texture to baked goods. Gluten-free is for people diagnosed with celiac disease or non-celiac gluten sensitivity.

WEEK 10

ANNOUNCE WEEK 9 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #10 will be sent out

Hand out last weeks prize

Send Link to Recipes via text: [my plate.gov](https://myplate.gov)

ACTIVITY

After the work day will be a light jog around park

WEDNESDAY - PARK ACTIVITY

30 mins. 30 sec /30. 3 sets each

Jog

High knees

Seal Jacks

Jumping Jacks

Body Squats

Push ups

Foot Strikes

Lunges

Prisoner Squats

Burpess



FRIDAY

Determine most taken snacks to determine what to buy next week



RECIPE OF THE WEEK

PIZZA KITCHEN BBQ CHICKEN CHOPPED SALAD

- 1 pound boneless, skinless chicken thighs
- 1 tablespoon canola oil
- $\frac{3}{4}$ teaspoon salt, divided
- 1 cup reduced-fat plain strained (Greek-style) yogurt
- $\frac{1}{4}$ cup whole milk
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice, plus wedges for serving
- 1 teaspoon dried dill
- 1 teaspoon dried parsley
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon ground pepper
- 1 cup barbecue sauce
- 6 cups chopped romaine lettuce hearts
- 1 (15.5 ounce) can no-salt-added black beans, rinsed
- 1 $\frac{1}{2}$ cups fresh or thawed frozen corn kernels
- 1 cup shredded Monterey Jack cheese, divided
- $\frac{1}{4}$ cup finely chopped fresh basil
- $\frac{1}{4}$ cup finely chopped fresh cilantro, plus more for garnish
- 2 small avocados, cut into 18 slices
- 1 cup peeled jicama strips
- 1 cup tortilla strips
- 2 cups chopped plum tomatoes



Preheat a grill pan over medium-high heat. Pat chicken dry with paper towels; brush with canola oil and season both sides evenly with $\frac{1}{4}$ teaspoon salt. Cook, turning occasionally, until grill marks appear on both sides and an instant-read thermometer inserted into the thickest part registers 165°F, 8 to 10 minutes. Transfer to a large plate; let cool for 15 minutes.

Meanwhile, whisk yogurt, milk, olive oil, lime juice, dill, parsley, garlic powder, onion powder, pepper and the remaining $\frac{1}{2}$ teaspoon salt in a small bowl until smooth.

Chop the chicken into bite-size pieces; place in a medium bowl. Add barbecue sauce; toss until well coated.

Combine lettuce, black beans, corn, $\frac{3}{4}$ cup cheese, basil, cilantro and the dressing in a large bowl; toss with tongs until well coated.

Divide the salad among 6 bowls (about 1 $\frac{1}{2}$ cups each). Top each with 3 avocado slices, about 3 tablespoons jicama, about 3 tablespoons tortilla strips and 2 teaspoons cheese; add $\frac{1}{3}$ cup tomatoes around the edges of each bowl. Top each bowl with $\frac{1}{2}$ cup barbecue chicken. Garnish with additional cilantro and serve with lime wedges, if desired.

Fuel Fact:

Though white flour does not have the same fiber content as whole wheat, it still offers many necessary vitamins and is therefore nutritious.

WEEK 11

ANNOUNCE WEEK 10 WINNER

MONDAY

Weigh in

Engage | Ask what snacks they like or would like to see

Recipe #11 will be sent out

Hand out last weeks prize

ACTIVITY

After the work day will be a light jog around park

WEDNESDAY - PARK ACTIVITY

Flag Football

FRIDAY

Determine most taken snacks to determine what to buy next week





RECIPE OF THE WEEK

CARROT, SNOW PEA & CHICKEN STIR-FRY

- ¼ cup lime juice
- ¼ cup orange juice
- ¼ cup finely chopped cilantro
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons cornstarch
- ¾ teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon oregano
- ½ teaspoon ground pepper

Stir-Fry

- 3 tablespoons peanut oil or canola oil, divided
- 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 3 cups 1/2- to 1-inch carrot slices
- 1 bunch scallions, trimmed and cut into 1-inch pieces
- 3 cloves garlic, minced
- 3 cups snow peas, trimmed



To prepare sauce: Combine lime juice, orange juice, cilantro, olive oil, cornstarch, salt, cumin, oregano and pepper in a small bowl. Place near the stove.

To prepare stir-fry: Heat a 14-inch flat-bottom carbon-steel wok over high heat. (You'll know it's hot enough when a bead of water vaporizes within 1 to 2 seconds of contact.) Add 1 tablespoon oil and swirl to coat. Add chicken and stir-fry until just cooked, 2 to 4 minutes. Transfer to a large plate.

Swirl in another 1 tablespoon oil; add carrots and scallions. Stir-fry for 2 minutes.

Swirl in the remaining 1 tablespoon oil; add garlic and snow peas. Stir-fry until the vegetables are tender, 2 to 4 minutes more.

Return the chicken to the wok. Add the reserved sauce and cook, gently stirring, until well coated and hot, 1 to 2 minutes.

Fuel Fact:

Carbohydrates are the body's and brain's preferred energy source!

WEEK 12

ANNOUNCE WEEK 11 WINNER

MONDAY

Weigh in

Engage | Let each person know you are proud

Recipe #12 will be sent out

Hand out last weeks prize

ACTIVITY

After the work day will be a light jog around park

WEDNESDAY - PARK ACTIVITY

Warm Up

Jumping Jacks

Squats

Lunges

Arm Circles

FINAL TESTING

Push ups per minute

Sit-ups per minute

Mile time

One leg stand for time

FRIDAY

Last Call to Vendors, See how much sales went down and what products. Check Budget, and final call to chef for dinner next week.





RECIPE OF THE WEEK

CREAMY CHICKEN, BRUSSELS SPROUTS & MUSHROOMS ONE-POT PASTA

8 ounces whole-wheat linguine or spaghetti
1 pound boneless, skinless chicken thighs
4 cups sliced mushrooms
2 cups sliced Brussels sprouts
1 medium onion, chopped
4 cloves garlic, thinly sliced
2 tablespoons Boursin cheese
1 ¼ teaspoons dried thyme
¾ teaspoon dried rosemary
¾ teaspoon salt
4 cups water
2 tablespoons chopped fresh chives



Combine pasta, chicken, mushrooms, Brussels sprouts, onion, garlic, Boursin cheese, thyme, rosemary and salt in a large pot. Stir in water. Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked and the water has almost evaporated, 10 to 12 minutes. Remove from heat and let stand, stirring occasionally, for 5 minutes. Serve sprinkled with chives.

Fuel Fact:

Eating when hungry. Eating is pleasurable. Stops eating when satisfied. Positive body image. Includes a variety of foods. Allows for indulgence. Food is not used to regulate emotions.

WEEK 13

ANNOUNCE GRAND WINNERS

THE BIG MONDAY

Weigh-in and measurements

Engage | Let each person know you are proud

Hand out last weeks prize

Send Reminder about Dinner Friday with Chef Scott

THE BIG FRIDAY

DINNER AT 7PM With Chef

Engage with everyone ask what their likes and dislikes of the program were

To find ways to make progress continue.

Announce winners

1: \$700 + 1 Day vacation

2 \$500 + Half day

3 \$200

\$50 Gift Cards To ALL Participants

This is FUEL FITNESS, You guys did amazing!! We cannot wait to see the progress each of you have made..

Reminder: Friday is a half day "Yes"

Also, Dinner at Chef Scott's Friday @ 7pm. Please Confirm if you will be there or not. Participants are encouraged to bring Spouses or Partner.



FUEL FITNESS

PROGRAM CLOSURE

RESOURCES AND COLLABORATORS: SCOTT'S CHEF |
VENDING COMPANY | PLANET FITNESS | myplate.gov |
NUTRITION JEOPARDY @ [https://jeopardylabs.com/play/
nutrition-myths-facts](https://jeopardylabs.com/play/nutrition-myths-facts) | eatingwell.com

OBJECTIVES

Did Body fat get Reduced By 2%
Was there a reduce in sales of bad food in vending by 5%
Check HRA For increase of 2 points, at a later date



WE WANT TO KNOW

Were Our Objectives Met?
Did You Enjoy The Experience?
What Have You Learned Throughout This Program?
What Changes Would You Have Made ?