

# INSPIRED BY FITNESS

INSPIRE TO DO MORE, TO BE MORE, TO ACHIEVE MORE!



January/February 2019 Newsletter

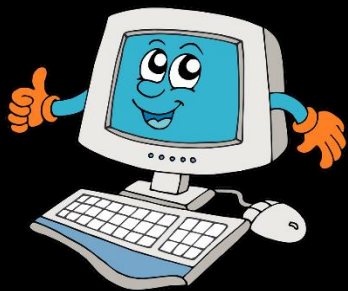
## STAY INSPIRED WITH OUR WEBSITE

Discover all you need to know about Inspired by Fitness in one place:  
[www.inspiredbyfitness.ca](http://www.inspiredbyfitness.ca)

Whether it's information about your favourite fitness classes, upcoming workshops, community events we're supporting or getting to know the Inspired team a little better, we've got you covered!

And at the beginning of every month, we post a blog to provide you with motivation, inspiration, tips and ideas to get you to that next level.

Check it out and stay INSPIRED with us!



## INSPIRED INSIDER

It's that time of year again – time to focus on your New Year's resolutions! One of the most common resolutions people make involves diet and exercise. At Inspired by Fitness, we want to make your fitness journey more than a passing-fancy resolution – we want to make it part of your lifestyle. We hope the tips below will help you keep the momentum going to maintain your fitness resolutions throughout the year!

- **Make one change at a time.** It's easy to start off the New Year full of energy and ambitious plans; however, starting with small changes will ensure greater success. Instead of planning an unrealistic workout schedule, start with 2-3 days per week. Rather than abandoning your favourite treats, limit them to 1-2 times per week. As you succeed with these small changes, they will become part of a routine you can build upon as you add new goals.
- **Make it social.** Social interaction makes people more likely to work out. Grab a friend and sign up for one of our many fitness classes or workshops. The social aspect will help keep you going, and you'll be less likely to bail on your plans to exercise.
- **Make it fun.** Exercise doesn't have to be a chore. Choose a class that keeps you smiling while getting fit. Even if the workouts are difficult, when people have fun and share a common goal, they are more likely to stick to their fitness routine.
- **Don't be too hard on yourself.** Accept that you are going to have some ups and downs and realize what's important to getting back on track.

Happy 2019! Inspire to do more, to be more, to achieve more!

---

*Product orders for this session go in on  
Friday, January 11<sup>th</sup> & Friday, February 8<sup>th</sup>.*

---

## SCHEDULE CHANGE NOTIFICATION

At Inspired by Fitness, we are committed to providing the best fitness classes in Stratford for participants of all fitness abilities and ages. We carefully monitor these classes by the attendance at each class and the feedback we receive from both members and instructors. We have decided to make some changes to our class schedule as follows:

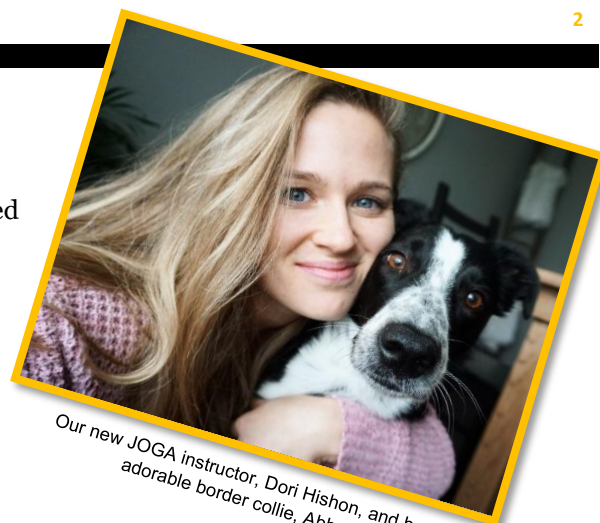
- An additional **Weights** class will be offered on Wednesdays from 5:20 to 6:05 pm (replacing *Boot Camp*).
- An additional **Boot Camp** will be offered on Wednesdays from 6:15 to 7:00 pm (replacing *Fit Camp*).

## FIND YOUR INNER ATHLETE WITH JOGA

**JOGA** is a movement system made up of the benefits of yoga combined with the biomechanics of sport. It enhances athletic performance, improves concentration, decreases recovery time, and ultimately, transforms your fitness level.

The postures in JOGA involve a combination of dynamic and static stretching as opposed to traditional long holds. The movements are designed to improve athletic ability and agility as well as coordination with breath pattern. You will build muscle memory and balance joint stability/mobility with an increased range of motion.

This weekly core offering begins on **Thursday, January 3<sup>rd</sup> from 5:20 to 6:05 pm.**



Our new JOGA instructor, Dori Hishon, and her adorable border collie, Abby.

## SET YOURSELF UP FOR SUCCESS WITH OUR NEWLY REVISED BEGINNER BOOT CAMP

Are you new to exercise or need a fitness refresher? Do you want to exercise but don't know where to start? If yes, **Beginner Boot Camp** is for you!

Kickstart your body back into exercise with Personal Trainer, Sherry Kresky, at this **one-day, three-hour workshop on Friday, January 18<sup>th</sup> from 6:00 to 9:00 pm** where you will learn the key components to get you started on your fitness journey.

This workshop will provide you with a roadmap to a healthier, happier you by focusing on proper exercise techniques, goal setting and nutrition tips. At the end of our three hours together, you will have the resources you need to continue on your fitness journey at the studio!



Make 2019 the year you go from Couch To Confident!

## REV UP YOUR RESOLUTION WITH OUR RENOWNED COUCH TO CONFIDENT PROGRAM

We're bringing our highly successful **Couch To Confident: 12-Week Total Body Transformation & Accountability Program** to you a little earlier in 2019 to help you achieve those New Year's resolutions! Together, we will embark on a lifestyle change that will transform your body and the way you see fitness and nutrition forever!

This amazing program, which begins on **January 28<sup>th</sup>**, offers in-studio and online participants the following tools to take your fitness journey to new heights:

- Two **Health & Wellness Assessments** from our Certified Fitness Professional (*in-studio participants only*), or step-by-step Health & Wellness Assessment guidelines (*online participants*).
- Three customized **Nutrition Plans** from our Certified Precision Nutritionist.
- Twenty-four **Fitness Classes** (two classes of your choice from our core offerings per week) (*in-studio participants only*).
- Specialized **Home or Gym Workouts** designed by our Personal Trainer.
- **Weekly content** which may include, but is not limited to: recipes, exercise tutorials, motivational videos, fitness/nutrition tips.
- Exclusive access to a **private Facebook support group**.
- Optional **professional photo shoot** after the final weigh-in day.

## VALENTINE'S RED & PINK DAY

On **Thursday, February 14<sup>th</sup>**, pump up your outfit (as well as your heart) by coming to the studio dressed in red and pink!

We have six lovely classes that day for you to choose from: Low Impact Body Blast (Circuit) at 10:00 am; Low Impact Body Blast (Zumba Light) at 10:30 am; Spin at 12:15 pm; JOGA at 5:20 pm; Bounce at 6:15 pm; and, Weights at 7:10 pm.


The following class is **cancelled** this session due to instructor holidays:

### Yoga:

Tuesday, February 26<sup>th</sup>, 6:15 to 7:00 pm

## INSPIRED BY FITNESS

 390 Douro Street, Unit #10  
Stratford, ON, N5A 3S7

 (519) 276-1066

 [info@inspiredbyfitness.ca](mailto:info@inspiredbyfitness.ca)

 [www.inspiredbyfitness.ca](http://www.inspiredbyfitness.ca)

The studio will be closed for Family Day on  
Monday, February 18<sup>th</sup>.



## CHICKEN & SPINACH TACOS



### Ingredients:

- 4-6 chicken breasts
- 1 package of tortillas
- Large handful of spinach, chopped
- Chili powder to taste
- Ginger powder to taste
- Onion powder to taste
- Dried oregano to taste
- Dried basil to taste
- Salt and pepper to taste
- 1 teaspoon fresh habanero pepper, minced (optional)
- Olive oil
- 1 fresh lime, juiced
- Handful of fresh parsley, finely chopped

### Directions:

1. Heat oven to 350F.
2. Place chicken breasts in a baking pan and drizzle olive oil and lime juice on top. Sprinkle all the seasonings equally on both sides of the chicken breasts. Place the habanero pepper and parsley on top.
3. Put chicken in the oven for 15-18 minutes, depending on the thickness of the breasts.
4. Once your timer is close to the end, heat a pan on your stove top and crisp your tortillas into a taco shell. No need for any oil! They harden themselves when heated.
5. When the chicken is done, chop into small bite-size pieces. Put into the taco shell and top with spinach, avocado, tomatoes or whatever your favourite taco topping is.

### Source:

Shayna's Kitchen