

INSPIRED BY FITNESS

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



January/February 2020 Newsletter

WELCOME WHITNEY TO Team INSPIRED

We're thrilled to announce that Whitney Green has joined the studio as our new Yoga Instructor. Whitney will be leading classes on Tuesdays from 6:15 to 7:00 pm starting on January 7th.

We would like to take this opportunity to thank Renée Dijk for her positive attitude and willingness to share her love of fitness with us for the past 3 years. Renée, we wish you all the best in your future endeavours. You will be missed!



INSPIRED INSIDER

Is one of your New Year's resolutions to get fit? These simple strategies will go a long way in helping you get, and stay, on track with your health and fitness goals in 2020!

1. **Break down your goals.** You might start with a broad goal like "Get in shape" or "Lose my baby weight". From there you can get more specific, making the goals measurable, and break the larger goals down into smaller milestone goals. "Get in shape" may become "Run a 5K race by the end of summer". "Lose my baby weight" may become "Lose 10 pounds before bathing suit season". To help keep on track well into the year, set realistic milestone goals for each of the first six months of the year. The first month, you may aim to walk 20 minutes a day and lose 2 pounds. Or set a related goal like "Try 5 new healthy recipes".
2. **Write it down.** Set your intention in ink so you can clearly define your goals and track your progress. You can do this with a goal board on a whiteboard or a small chart taped to your bathroom mirror. Make motivational post-its to scatter around the house, car and office to help keep your goals fresh in your mind.
3. **Look for tools.** Whatever your goal, there is probably an app for that. Apps abound for everything like tracking your nutritional intake to getting you on the way to a 5K. Using these tools will help you track your progress and keep you motivated. If you like fitness classes but find that actually showing up is too difficult with your schedule, try our [online fitness training sessions](#) or check out our [YouTube channel](#) so you can work out in the comfort of your own home, at a time that works for you.
4. **Create a supportive network around you.** Connecting fitness to community can bring you closer to your goals and help you make new friends. We grow through others and are more likely to be motivated in a group than on our own.

*Product orders for this session go in on
Friday, January 10th & Friday, February 14th.*

STAY ON TRACK WITH YOUR FITNESS ROUTINE

Our **Modified Holiday Fitness Schedule** will keep you moving, motivated and on track with your fitness routine. We are pleased to offer the following class this session:

- Boot Camp with Julie W. will be held on **Monday, February 17th (Family Day) from 10:00 to 10:45 am.**

CRUSH YOUR 2020 GOALS WITH THE COUCH TO CONFIDENT 12-WEEK TRANSFORMATION PROGRAM

Expect exceptional results, whether you are just starting to work toward your goals or trying to get unstuck from a plateau, with the **Couch To Confident: 12-Week Total Body Transformation & Accountability Program**. This 12-week results-focused program will give you increased energy to accomplish more than you ever thought was possible, nutritional guidance to rev up your metabolism, sculpted muscles you never knew you had, guidance and support to finally achieve the body you deserve and accountability to keep you on track so you reach your goals.

This 12-week program will begin on **Monday, January 20th**. You can join as an in-studio or online participant.



GIVE YOUR CHILD A HEAD-START ON A HEALTHY LIFE WITH OUR FITKIDS WORKSHOP

Do you have kids aged 6-12? Do you want them to learn positive healthy habits from a young age that will stay with them for a lifetime? If so, join your child at our four-week **FitKids Workshop!** This workshop will have parents and children working out alongside one another in a supportive and fun-filled atmosphere to build strength, coordination and confidence. You will enjoy spending time and making friends with other like-minded children and parents.

This four-week workshop, led by Alicia Horne, will begin on **Friday, February 7th from 6:15 to 7:00 pm**. There are only 8 spots available, so each child gets the attention they deserve. Parent attendance is mandatory – you will be there to support and guide your child.

TONE YOUR WHOLE BODY IN THE GREAT OUTDOORS WITH THE NORDIC WALKING CLINIC

Explore some of Stratford's most beautiful and walkable areas with our six-week **Nordic Walking Clinic!** Nordic Walking is a full-body workout for people of all ages and fitness levels. It challenges almost every muscle while also training cardiovascular endurance, balance and coordination. You will offload weight onto Nordic Walking poles which takes the stress off the hips, knees and back while shifting work to the core, arms and shoulders.

This six-week clinic, led by Joan Maloney, will begin on **Saturday, February 22nd from 8:30 to 9:30 am**. There are only 10 spots available due to limited pole availability (which will be allocated on a first-come, first-served basis); however, if you have a set of your own Nordic Walking poles, you are more than welcome to join the clinic for the same price.



PUMP IT UP AT ADVANCED WEIGHT TRAINING

Anyone who has already achieved the majority of results they wanted to get and are extremely close to reaching their genetic potential in terms of muscle growth and strength are invited to join us at our six-week **Advanced Weight Training Workshop**. This workshop is divided into three phases which provide a different focus to keep the gains coming. Expect to work all of your major muscle groups in a controlled, safe and fun environment while developing the ability to listen to your body and measure its progress.

This six-week workshop, led by Sherry Kresky, begins on **Friday, February 28th from 5:20 to 6:05 pm**.



VALENTINE'S RED & PINK DAY

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


We have three lovely classes that day for you to choose from: Circuit at 6:00 am; Circuit at 9:00 am; and, Circuit at 12:15 pm. And if you're joining the FitKids Workshop, make sure to dress up with your kids!

The studio will be **closed** for all class programming on the following date:

Wednesday, January 1st for New Year's Day

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The following class is **cancelled** this session:

Circuit:

Tuesday, January 14th – 7:10 to 7:55 pm



PECAN BUTTER



Ingredients:

- 12 ounces roughly chopped raw pecans (about 2-1/2 cups)
- Pinch of salt
- 1/2 teaspoon cinnamon

Directions:

1. Preheat oven to 350F.
2. Line baking sheet with parchment paper and arrange pecans in a single layer. Toast them until they start to smell amazing; about 5 minutes. Reserve to cool.
3. Once pecans are cool, transfer them to a strong blender or a food processor, and add the remaining ingredients. Blend on medium to medium-high speed for about 50 seconds or until desired consistency is reached. In a food processor, it will take a little longer (about 5-20 minutes, depending on how strong it is).
4. Transfer the pecan butter to a glass container and allow it to cool fully before storing it in the fridge.

Nutritionist Note:

Pecans are an excellent source of vitamin E, vitamin A, zinc, folate and phosphorous, which play an important role in maintaining good skin.

Source:

Shayna's Kitchen