

INSPIRED BY FITNESS

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



January/February 2021 Newsletter

WAY TO GO, SHERRY!

Our beautiful owner, Sherry, was selected for the Hotness Infusion 2021 Calendar! These calendars are going to help a great cause, The Frontline Fund, which will support frontline health care workers in the fight against COVID-19.

Calendar cost is \$20 – let us know if you would like to support this great cause by purchasing one of these gorgeous calendars.

Sherry also won the opportunity to be published Muscle Memory magazine. Congratulations Sherry, we are so thrilled for you!



INSPIRED INSIDER

Why is exercise so important during the pandemic? Simply put, prevention is better than cure. And one of the most efficient ways to prevent the spread of any illness is to exercise consistently to strengthen the immune system. And while we think of exercise as being good for our physical health, it's just as important for our mental health. It's vital to simply move more since exercise can help lower stress, improve concentration and boost your mood.

When we come out of the pandemic, if this has been a period of physical inactivity for you, it will be more challenging to return to an active lifestyle. It's important to incorporate exercise into your regular schedule, despite pandemic-related challenges. Your success at fighting COVID-19 can only be enhanced by exercising safely and understanding the critical role that exercise plays in your health.

Inspired by Fitness is here to help you feel healthy in mind, body and spirit through fitness classes, personal and group training, online training, nutrition services, wellness programs and so much more!

Product orders for this session go in on Friday, January 8th & Friday, February 12th.

ARE YOU NEW TO INSPIRED BY FITNESS? JUMPSTART YOUR NEW YEAR'S RESOLUTION WITH OUR NEW MEMBER PROMOTION

If you want to join a supportive and welcoming fitness community, with people of all fitness levels who want to see you succeed, take advantage of our **New Member Promotion** running until January 31st.

If you sign-up for a one-year Inspired ADDICT membership, you will receive two months free!

An Inspired ADDICT one-year membership provides you with a wide variety of unlimited fitness classes offered at many convenient times. Plus, our ADDICT members receive a 20% discount on select workshops and programs.

Please note individuals eligible for this promotion can not have been a previous member or pass holder of Inspired by Fitness in the last six months. For complete terms and conditions, visit our [website](#) for further details.

FIT BALANCE AND STABILITY WORK INTO YOUR FITNESS ROUTINE WITH THE 5-DAY BODY BALANCE CHALLENGE

The **Body Balance 5-Day Challenge** will help improve your overall energy expenditure and enhance your ability to perform your favourite activities. Any workout move you do, regardless of your fitness level, can be enhanced with basic balancing movements.

Work out alongside Personal Training Specialist, Sherry Kresky-Wilson, with methodical movements that purposefully train your body to move in new ways that strengthen the muscles that help keep you upright.

This FREE 5-day challenge will be held from **Monday, January 18th to Friday, January 22nd**. Join on [Facebook](#) or [Instagram](#).



CRUSH YOUR 2021 GOALS WITH THE COUCH TO CONFIDENT 12-WEEK TOTAL BODY TRANSFORMATION & ACCOUNTABILITY 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 25th**. You can join as an in-studio or online participant.

PUMP IT UP AT ADVANCED WEIGHT TRAINING

For our advanced fitness enthusiasts, there are few things that provide more inspiration than increasing their major lifts by roughly 25%! Our **Advanced Weight Training** workshop will push you to move more weight and put in the work. This six-week 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-Wilson, begins on **Friday, February 19th from 5:15 to 6:15 pm**.

TONE YOUR WHOLE BODY IN THE GREAT OUTDOORS AT OUR 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 20th 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.



VALENTINE'S RED & PINK DAYS

Pump up your outfit (as well as your heart) by coming to the studio dressed in red & pink on **Friday, February 12th** & **Saturday, February 13th**. Spread the love at these classes:

Friday, February 12th:

- Circuit at 6:00 am
- Circuit at 9:00 am
- Circuit at 12:15 pm

Saturday, February 13th:

- Boot Camp at 9:30 am

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


Friday, January 1st for New Year's Day

Saturday, January 2nd for Holidays

Monday, February 15th for Family Day

INSPIRED BY FITNESS

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SWEET POTATO HASH BROWNS



Ingredients:

- 2 sweet potatoes, peeled and grated
- 1/2 onion, chopped
- 3 tablespoons ghee (or coconut oil)
- 1/2 teaspoon sea salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon chili powder
- Pinch of ground black pepper
- 1 tablespoon fresh thyme and sage, minced
- Optional – 2 eggs, beaten (will make more of a cake form)

Directions:

1. Peel and shred potatoes with a grater, then squeeze the water out as much as possible using a clean hand towel or some paper towels. Pat them dry. (Add in eggs if you are using and mix well.)
2. Heat ghee or coconut oil in a skillet over medium-high heat until melted, then add onions. Sauté chopped onions for 1-2 minutes, then add shredded potatoes. Season with salt, pepper, cinnamon and chili powder, then let potatoes sit in the skillet for 5-8 minutes until slightly browned. (Mixing them stops the browning process, so let them sit in the skillet.)
3. Flip the potatoes over using a spatula and cook the other side for another 5 minutes or so, seasoning as necessary.
4. Once both sides are cooked, serve and enjoy.
5. Amazing topped with organic ketchup or your favourite hot sauce.

Source:

Shayna's Kitchen