

INSPIRED BY FITNESS

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



January/February 2022 Newsletter

QUICK FIT TIP

Find other active people to support your efforts in the gym.

Motivation is what gets you started but making things a habit is how you maintain an active lifestyle.

Try to find workout buddies to do healthy things together. Also, what you do outside the gym will have a big influence on the workouts you do inside the gym. Making positive changes in your nutrition, hydration, sleep and stress levels will create big results.



INSPIRED INSIDER

New Year, New Schedule! We are so excited to roll out our new fitness class schedule starting on Tuesday, January 4th. Our wide array of workouts guarantees that we offer a class for everyone.

The New Year also offers a fresh start, and our revised class schedule provides an opportunity to challenge yourself in different ways so you never plateau or get bored.

Try a new class or try switching up the class a few times a week. If you've been doing Weights and Boot Camp classes, try to add in Yoga and Body Sculpt to change things up. Also, think about switching things up every three weeks since you will be challenging yourself right when your body starts to get comfortable with your current routine.

Beyond challenging your body and keeping yourself from getting bored, changing your workout routine can help you avoid plateauing. Hitting a plateau means that when you do the same workout often, your body adapts to it, meaning that you won't really get any stronger and your body will stay the same. In order to get closer to a goal, challenge your body.

Product orders for this session go in on Friday, January 14th & Friday, February 11th.

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 for the month of January. 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.

MAXIMIZE YOUR WORKOUTS WITH THE PERFECT YOUR FORM 5-DAY CHALLENGE

Why work harder when you can work smarter? The **Perfect Your Form 5-Day Challenge** will help you properly protect your body, strengthen your muscles, get you moving safely and increase resiliency.

Learning the basics of correct form is essential and having a professional by your side is the best way to learn it. Work out alongside Personal Training Specialist, Sherry Kresky-Wilson, as she shares her expertise to get you moving safely and effectively.

This FREE 5-day challenge will be held from **Monday, January 17th to Friday, January 21st**. Join on [Facebook](#) or [Instagram](#).



CRUSH YOUR 2022 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 24th**. 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 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 nine-week workshop, led by Sherry Kresky-Wilson, begins on **Friday, February 11th 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 19th 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 DAY

Pump up your outfit (as well as your heart) by coming to the studio dressed in red & pink on **Monday, February 14th**.

Spread the love at these classes:

- 9:00 am – Boot Camp
- 10:00 am – Low Impact Body Blast (Circuit)
- 12:15 pm – Weights
- 5:15 pm – Boot Camp
- 6:00 pm – Zumba
- 7:00 pm – Butt & Gut

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


Saturday, January 1st for New Year's Day

*Monday, January 3rd for New Year's Day
(observed)*

Monday, February 21st for Family Day

INSPIRED BY FITNESS

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TURMERIC CHICKEN THAI VEGGIE SOUP



Ingredients:

- 1 tablespoon coconut oil
- 1 onion, diced
- 3 large carrots, peeled and diced
- 3 stalks celery, chopped
- 3 cloves garlic, minced
- 1 pound boneless skinless chicken breasts, chopped
- 1 teaspoon ground turmeric
- 1 teaspoon fresh ginger, grated
- 1/2 teaspoon celtic salt
- Red pepper flakes to taste
- 3 cups chicken broth or veggie broth
- 1 can full-fat coconut milk (about 13.5 ounces)
- 1 head kale, fibrous core removed and chopped

Directions:

1. In a large soup pot or dutch oven, add the coconut oil and melt. Add in the chopped onion and saute until translucent, stirring occasionally.
2. Add the carrots, celery and garlic and saute until softened (about 3-5 minutes).
3. In a separate pan, cook the chicken over coconut oil with salt and pepper until all sides are browned and the chicken is cooked through.
4. Add the chicken to the soup pot with the remaining ingredients. Stir well and cover.
5. Simmer for about 30-60 minutes.
6. Taste and adjust seasoning as desired.

Source:

Shayna's Kitchen