

INSPIRED BY FITNESS

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



January/February 2023 Newsletter

QUICK FIT TIP

Create a habit to show up!

Remind yourself: when it comes to exercise, something is always better than nothing. It all counts.

Instead of worrying about the contents of your workout, build a habit around simply showing up. Then you can shift your focus to fine-tuning your workouts.

Small efforts add up. Action begets motivation. And consistency is the foundation of an exercise habit that will keep you exercising into the future.



INSPIRED INSIDER

Some of the best New Year's fitness goals are all about getting out of your comfort zone to experience new things. A fitness comfort zone is following a habitual pattern every day because it's comfortable. Stepping out of your fitness comfort zone can jack up motivation, help you break out of a fitness plateau and learn new things about yourself.

Have you ever been curious about a POUND class? Ever walked into the studio when the Bounce class is happening and think, "I could never do that?" There's no time like the New Year to give it a go!

If the idea of change is holding you back, or a fear of not having enough coordination or strength, or whatever your inner reasoning may be, just go for it. Step past whatever is holding you back, step outside of your regular routine (ie., your comfort zone) and sign up for the class. You never know, you might love it and wonder why it took you so long to try it.

And if it turns out not to be your thing, that's okay too. You tried it. You dared to do something out of the ordinary. That is exactly what breaking the barriers of your fitness comfort zone is about.

*Product orders for this session go in on
Friday, January 13th & Friday, February 10th.*

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.

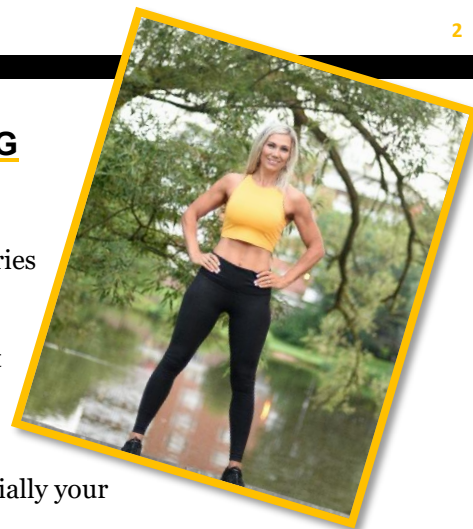
Please note individuals eligible for this promotion can not have been a previous member or pass holder of Inspired by Fitness in the last six months. For complete terms and conditions, visit our [website](#) for further details.

LENGTHEN & STRENGTHEN YOUR LEGS WITHOUT BULKING WITH THE THIGH SLIMMING 5-DAY ONLINE CHALLENGE

Your legs are the largest muscles in your body, and thus, can burn the most calories when used. The **Thigh Slimming 5-Day Online Challenge** will help you to build lean muscle. This lean muscle will not only make your thighs take on a strong, athletic appearance, it will also give your metabolism a bump in the right direction helping you to burn fat even when the sweat stops.

Work out alongside our Personal Trainer & Fitness Professional, Sherry Kresky, with a circuit of thigh-slimming exercises to strengthen your lower body – especially your quads, hamstrings, abductors and adductors.

This FREE 5-day challenge will be held from **Monday, January 16th to Friday, January 20th**. Join on [Facebook](#) or [Instagram](#).



CRUSH YOUR 2023 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 23rd**. You can join as an in-studio or online participant.



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 25th 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 **Tuesday, February 14th**.

Spread the love at these classes:

- 6:00 am – Boot Camp
- 9:00 am – Butt & Gut
- 12:15 pm – Spin
- 5:15 pm – TripleFIT
- 6:00 pm – Yoga
- 7:00 pm – Circuit


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

Monday, January 2nd for New Year's Day (observed)


Monday, February 20th for Family Day

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PEANUT BUTTER BANANA SMOOTHIE



Ingredients:

- 1 frozen banana
- 1/2 cup milk (any kind you desire)
- 1/2 cup yogurt (you could leave this out if desired or swap it out for an equal amount of frozen cauliflower)
- 3 tablespoons peanut butter (can also swap out for 2 tablespoons of peanut butter protein powder)

Directions:

1. Combine all of the ingredients in a blender and blend until smooth.
2. If needed, add a little more liquid (even water works okay) to get the blender going a bit more.

Nutritionist Note:

Your banana doesn't have to be frozen, but the smoothie won't be as thick and creamy. It will still be very tasty with a non-frozen banana though.

Source:

Nourishing