

INSPIRED BY FITNESS

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



January/February 2024 Newsletter

QUICK FIT TIP

Reward yourself!

It's a good idea to reward yourself for achieving your fitness goals.

Choose something that will give you an extra incentive to stick with your fitness plan and make progress.

It could be anything from a massage after a hard workout, to taking yourself out for dinner to buying a new outfit. You can also purchase new workout gear or even plan a staycation to keep your motivation levels high. Whatever it is – do it!



INSPIRED INSIDER

The typical symbols surrounding Valentine's Day often involve chocolate and expensive dinners. If you enjoy a fit lifestyle, why compromise all of your hard work for one day? Make this Valentine's Day an active one by suggesting any one of these fun and fit activities to your Valentine.

Cook a healthy meal together. "One cannot think well, love well, sleep well, if one has not dined well." Everyone loves a nice home-cooked meal, especially one cooked with love.

Have a fun workout together. "The couple that sweats together, stays together." Feel the love (literally) with a light, entertaining workout.

Have some fun together. Go to the movies. Check out a comedy show. Show off your flex at the bowling alley. Whatever you choose, have it be something that the both of you would enjoy.

Pick up something nice for your partner. It doesn't have to be something expensive; instead, try something a little more personal. Perhaps a gift certificate for a favourite spa service or new workout kicks?

*Product orders for this session go in on
Friday, January 12th & Friday, February 9th.*

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, as well as 20% off your first set of personal training sessions (individual, group or online) with our Inspired Perks Program.

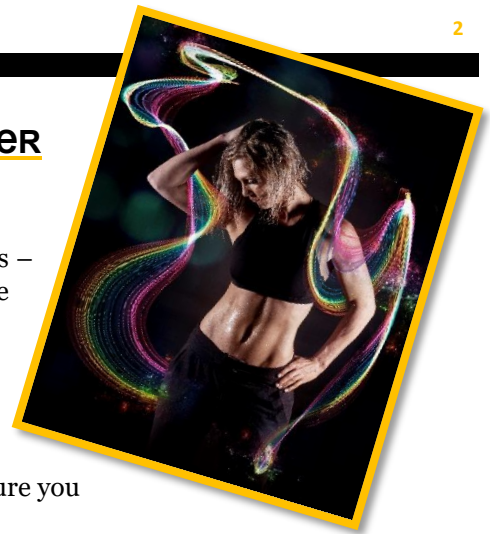
Please note individuals eligible for this promotion can not have been a previous member or pass holder of Inspired by Fitness in the last six months. For complete terms and conditions, visit our [website](#) for further details.

TRANSFORM YOUR CORE AND FEEL STRONGER THAN EVER WITH OUR 5-DAY FAB ABS ONLINE CHALLENGE

The **Fab Abs 5-Day Online Challenge** is a lot more fun than regular crunches – it will tone and strengthen you to the core! Toning your abs can help you achieve a leaner, stronger and more defined midsection. You'll perform exercises that target all areas of your abs, including your rectus abdominus, transverse abdominus and obliques.

Work out alongside our Personal Trainer & Fitness Professional, Sherry Kresky, with a daily routine that targets each of the layers of your abdominal wall to ensure you have a perfectly sculpted core.

This FREE 5-day challenge will be held from **Monday, January 15th to Friday, January 19th**. Join on [Facebook](#) or [Instagram](#).



CRUSH YOUR 2024 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.

Our Couch To Confident program is different from what you will find at other local studios and gyms. We offer a more intelligent, sustainable and longer-term approach that allows you to finally feel confident in your ability to control your health. We can get you on the fast track to achieving your goals and so much more.

This 12-week program will begin on **Monday, January 22nd**. You can join as an in-studio or online participant.

IT PAYS TO BE PART OF THE INSPIRED COMMUNITY

You deserve a reward for your hard work and dedication to staying strong and healthy. Working out has plenty of benefits, but how about a few fantastic perks along the way to keep you motivated and help you develop healthy lifelong habits?

Member Perks (valid for active ADDICT members only):

- 20% discount on select workshops, programs, clinics and events
- 20% discount on first set of training sessions purchased (personal, small group and/or online)

Client Perks (valid for current training clients only):

- 20% discount on select workshops, programs, clinics and events
- One-month free membership when an Inspired ADDICT membership is purchased or 20% discount on first-time purchase of Inspired FRIEND 20-class pass



VALENTINE'S SPIRIT DAY

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

Spread the love at these classes:

- ♥ 9:00 am – Weights
- ♥ 10:00 am – LIBB (Zumba)
- ♥ 12:15 pm – Butt & Gut
- ♥ 5:15 pm – Weights
- ♥ 6:00 pm – POUND Unplugged
- ♥ 6:45 pm – Yoga

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

Monday, January 1st for New Year's Day
 Monday, February 19th for Family Day

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CHOCOLATE RASPBERRY PROTEIN BALLS (DISGUISED AS TRUFFLES)



Ingredients:

- 1 cup rolled oats
- 1 cup raw cashews
- 2 servings vanilla protein powder
- 8 dates, pitted
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1 ripe banana
- 1/2 cup freeze-dried raspberries

Directions:

1. Line a cookie sheet with parchment paper.
2. Place the oats, cashews, protein powder, dates, cocoa powder and salt in a food processor and blend until everything is a smooth, floury consistency.
3. Add the banana and blend until a thick, slightly sticky dough forms.
4. Roll out 25 balls and place them on the parchment paper.
5. Pulse the freeze-dried raspberries in a Nutribullet or food processor.
6. Roll each ball in the raspberry powder and return to the cookie sheet.
7. Store in the fridge in a sealed container for up to a week.

Nutritionist Note:

No baking, no weird ingredients and they take only 15 minutes to prepare. Each 70-calorie ball offers three grams of protein, one gram of fibre and three grams of sugar. Keep them in the fridge to grab after a workout or when sugar cravings strike.

Source:

PopSugar