

# INSPIRED BY FITNESS

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



January/February 2025 Newsletter

## QUICK FIT TIP

Focus on progress, not perfection!

Shift your mindset from expecting immediate, flawless results to appreciating the small, incremental improvements along your fitness journey.

The journey to fitness is about making gradual improvements. So instead of aiming for perfection right away, take pride in every little milestone.

Progress is what leads to transformation!



## INSPIRED INSIDER

As the New Year approaches, many of us start thinking about resolutions – promises to ourselves to live healthier, happier lives. One of the most popular resolutions is to get in shape, improve fitness or adopt a healthier lifestyle. But let's be real: sticking to these resolutions can be challenging. That's where our **Couch To Confident Total Body Transformation & Accountability Program** comes in, and here's why joining in the New Year could be the game-changer you've been waiting for.

**Personalized Nutrition and Fitness Plans:** One size does NOT fit all! Your goals are unique, and so is our approach. Our expert team will work with you to create a customized workout and meal plan that fits your lifestyle, preferences and fitness level.

**Comprehensive Support and Accountability:** You're never alone on this journey. From dedicated coaches to a community of motivated individuals, we're with you every step of the way. Weekly check-ins, progress tracking and constant motivation will keep you accountable and help you crush your goals.

**Visible, Trackable Results:** With measurable progress at every stage, you'll be able to see and feel the difference. Whether it's losing inches, gaining strength or improving your endurance, this program is designed to deliver results you can see in the mirror and feel in your daily life.

**Mindset and Motivation:** A healthier body starts with a healthier mind. Our program includes mindset coaching to help you stay motivated, overcome mental blocks and develop lasting habits that will transform not just your body, but your entire lifestyle.

**Flexible and Accessible:** Whether you prefer to work out at the studio, at home or a mix of both, our program is designed to fit your schedule. With online and in-person options available, we make it easy for you to follow through and stay consistent.

The Couch To Confident program is your key to making 2025 the year of real, lasting change. Instead of another fleeting resolution, you'll be part of a structured, supportive and results-driven program that's designed for success. So why wait? Take charge of your health, reach new fitness heights and become the best version of yourself. Make 2025 your year of transformation – your future self will thank you!

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*Stock up on your supplements today!*

*Protein Powder, Amino Cuts, Grenade Bars always readily available*

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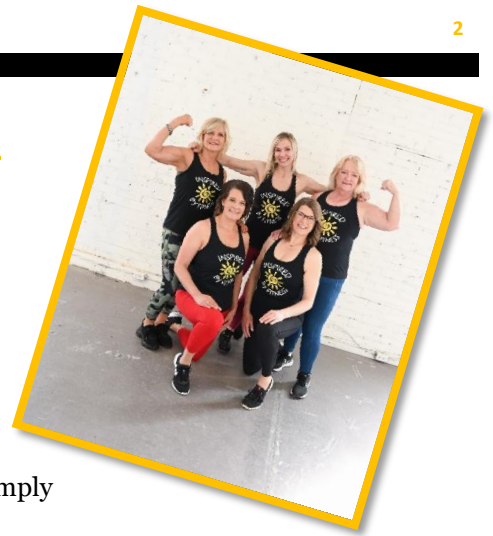
## **READY TO COMMIT TO YOUR HEALTH & FITNESS GOALS? MAKE 2025 YOUR YEAR OF TRANSFORMATION**

Are you ready to take your health and fitness to the next level in 2025? Make this the year you achieve the body, energy and confidence you've always wanted with our **12-Week Couch To Confident Total Body Transformation & Accountability Program!**

Starting on **January 20<sup>th</sup>**, we're launching our exclusive, results-driven program designed to help you reach your goals faster and more effectively. Whether you want to lose weight, gain muscle, improve your overall health or simply feel amazing in your own skin, this program is tailored for you!

While New Year's resolutions often fizzle out by February, a well-structured program helps you create habits that last. By participating in a total body transformation early in the year, you're setting yourself up for success long after the program ends. The habits you'll learn – whether meal prepping, working out regularly or taking care of your mental health – will become a part of your lifestyle, not just a seasonal effort. Plus, you'll have people to share your wins with, commiserate with during tough times and celebrate milestones as you progress together. It's a powerful motivator!

This is more than just another fitness program – it's an investment in a healthier, happier you! Don't let another year go by without making the changes you deserve.



## **FEEL THE BURN AND ENJOY THE FLOW WITH THE SMOOTH MOVES HIIT ONLINE CHALLENGE**

The Smooth Moves HIIT 5-Day Online Challenge is designed to elevate your fitness without putting strain on your joints. With a focus on low-impact, high-intensity interval training, you'll get all the benefits of a cardio workout – burning calories, improving endurance and boosting your metabolism – without the jumps, jolts or heavy landings. You will build, strength, stamina and confidence.

Work out alongside our Personal Trainer & Fitness Professional, Sherry Kresky, with a gentler alternative to traditional HIIT. Enjoy smooth, flowing movements to ensure you can challenge your body while keeping your joints safe.

This FREE 5-day online challenge will be held from **Monday, January 13<sup>th</sup> to Friday, January 17<sup>th</sup>**. Join on [Facebook](#) or [Instagram](#).



## **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 one month 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.

## VALENTINE'S SPIRIT DAY

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

Spread the love at these classes:

- ♥ 6:00 am – Circuit
- ♥ 9:00 am – Circuit
- ♥ 12:15 pm – Boot Camp

Let's sweat it out together in the spirit of health, heart and happiness!

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

*Wednesday, January 1<sup>st</sup> for New Year's Day  
Monday, February 17<sup>th</sup> for Family Day*

## INSPIRED BY FITNESS

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## HEART HEALTHY AVOCADO TOAST



### Ingredients:

- 1 ripe avocado, pitted, peeled and mashed
- Black pepper to taste
- 2 eggs
- 1/8 teaspoon crushed red pepper flakes (optional)
- 1 teaspoon lemon zest
- 2 slices whole grain bread
- 1/8 teaspoon salt

### Directions:

1. In a small bowl, combine the mashed avocado, lemon zest and black pepper.
2. Toast the bread. Spread the avocado evenly between the two slices of toast. Set aside.
3. Lightly coat a skillet with non-stick cooking spray and heat until hot. Crack the eggs into the skillet and cook, untouched, for about 2 minutes.
4. Top each slice of toast and avocado with 1 egg. Season with salt and red pepper flakes (if using).

### Nutritionist Note:

The combination of avocados and eggs makes this avocado toast full of fiber, protein and healthy fats. Avocados are a great source of fiber and potassium, while eggs are a great source of protein, B vitamins and vitamin D. The whole grain bread is also full of fiber and protein.

### Nutrition Facts (1 slice, 1 egg):

Calories – 322 / Fat – 21g / Cholesterol – 185 mg /  
Sodium – 271 mg

### Source:

Health eCooks