

INSPIRED BY FITNESS

Inspire to do more, to be more, to achieve more!



July/August 2017 Newsletter

DO YOU LOVE INSPIRED BY FITNESS? TELL US WHY!

One of the ways our studio grows and continues to inspire is by the testimonials our wonderful clients give us.

Inspired by Fitness puts a lot of faith and trust in the reviews our existing and previous clients give us.

Head over to our Facebook page, and let us know what you think. We'd love to hear from you!



INSPIRED INSIDER

Summer is here, and with that comes lots of holidays and extracurricular activities for our members. Due to that fact, Inspired by Fitness will pare-down class offerings in July and August. You'll still get to enjoy all of your favourite classes; however, the times may be slightly adjusted. All classes will be back in full-swing after the Labour Day long weekend.

We should also mention that as a result of the pared-down summer schedule, the Monthly Saturday Zumba Specials will be on hiatus for July and August; therefore, Zumba classes will be offered on Mondays at 6:15 pm, Wednesdays at 10:00 am and Thursdays at 10:30 am.

June marked the end of our second Couch To Confident: 12-Week Transformation Program. We can't even begin to tell you how proud we are of the participants who fully committed to transforming into their confident, sexy selves! Since this program continues to be such a success, we are planning to offer it again in the Fall, so stay tuned for more details.

Have you seen our new Spin bikes? They made their way into the studio in May, and we would like to give a special thanks to World Gym Stratford for making this possible. Come ride to the rhythm with Julie!

Navigating through a supplement regime can be tricky, so making the right choices is essential for your health and fitness plan. Inspired by Fitness would be delighted to book a consultation with you to determine which supplements best match your lifestyle. We have a variety of supplements readily available for purchase at the studio, and we would also be pleased to place an order on your behalf with one of our suppliers.

*Product orders for this session go in on
Friday, July 14th & Friday, August 11th.*

HAVE YOU GOT YOUR FIT & BEAUTY BOX YET?

Yes, we have joined this "box craze"! These fabulous boxes are curated by Sherry Kresky of Inspired by Fitness and Pasqua Paola of The Hair Room

1979. For only \$49.99 + HST you can indulge in some fantastic products where fitness meets beauty. Expect to find a great selection of beauty products and a Beach Ready Workout video! Each box is guaranteed to have a retail value of \$119.00. If you haven't already pre-ordered your box, they will be available for purchase at either Inspired by Fitness or The Hair Room 1979 starting in July while quantities last. Sparkle everywhere you go with the Fit & Beauty Box!



Get in the best shape of your life! Book your personal training session today!

Contact Us

Inspired by Fitness

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info@inspiredbyfitness.ca

www.inspiredbyfitness.ca

HOLIDAY NOTICE

The studio will be closed starting on Monday, August 27th and will re-open on Tuesday, September 5th.

BEAT THE HEAT WITH THESE SUMMER EXERCISE TIPS

As temperatures soar over the summer months, it leaves many wondering how they can exercise safely in the summer heat. Exercising in such high temperatures can be dangerous if you're not careful. With these five tips, you won't miss a workout!

Tip #1 – Head Indoors. Summer is a great time to get outside and enjoy a nice run or bike ride; however, with the high temperatures, it might not sound too appealing. Instead of exercising outside in the summer heat, head indoors to the studio. We have high-grade fans and lots of water to help keep you cool!

Tip #2 – Listen To Your Body. Whether you exercise outside or inside, it is important to listen to your body during your workout. During exercise, your body temperature rises naturally. For every degree your body temperature increases, your heart rate goes up about 10 bpm. Since it's warmer outside when you start your workout, your heart rate will naturally be higher. It's best to slow your exercise pace down during hot weather, so you don't work too hard and injure yourself. If you start to feel dizzy, confused or nauseous, stop exercising immediately! You may be showing early signs of heat stroke.

Tip #3 – Drink Up & Stay Hydrated. You're going to sweat heaps during the summer heat, so you need to replace the fluids you lose during your workout. You should aim to drink at least 200-300 mL of water every 10-20 minutes during your workout.

Tip #4 – Dress Right. Invest in some lightweight exercise clothing for the summer heat. You should wear breathable and light-coloured clothing that helps sweat evaporate. Look for labels that say "dri-fit" and "moisture-wicking". Also, don't forget a hat – it will help keep the sun off your face.

Tip #5 – Plan Ahead. If you must exercise outdoors during the summer heat, plan ahead, be prepared and make smart choices. Wear sport-specific sunscreen that will not run when you sweat. Always carry a mobile phone if you start to feel unwell and need to call someone for a ride home. If it's going to be over 30 degrees, try to exercise in the early morning or late evening when the temperatures start to drop again.

Show off your fitness transformation by sending us your before and after pictures! We are creating a collage of these photos on our website to inspire others by featuring our members' accomplishments!

SUMMER OUTDOOR BOOT CAMP IS BACK

Shred fat, build muscle, tone up and have fun at the **Summer Outdoor Boot Camp**. Clients will be inspired to work hard, sweat and get results with a focus on all components of exercise – total body strength, muscle endurance, speed/agility, flexibility, balance, power and cardiovascular ability. This class is a total body workout focused on working hard and pushing your body to its limit and will incorporate strength and cardio segments that will increase your metabolic rate and help burn fat. This program is designed for all fitness abilities.

This eight-week session will take place starting on **Tuesday, July 4th at 7:10 pm** at the Stratford Festival Archives parking lot (right beside Inspired by Fitness).

NEW PRODUCT ALERT – THE INSPIRED HOODIE

Have you seen Sherry in her fabulous Inspired Hoodie and wondered how to snag one for yourself? Well, you're in luck – we have decided to stock our In-Studio Shop with this collection! Be sure to check out our [website](#) for details.

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390 Douro Street, Unit #10
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*The studio will be closed on
July 1st for Canada Day &
August 7th for the Civic Holiday.*

*Spin Specials this session:
Feeling Hot! Hot! Hot! – July 22nd
Summer Lovin' – August 19th
11:30 am to 12:15 pm*



SALMON PATTIES

Ingredients:

- 2 wild salmon filets, cut into small cubes
- 4 eggs
- 4 tablespoons almond milk
- 4 green onions, chopped
- 2 cups oat flour (ground rolled oats) or gluten-free bread crumbs
- 2 tablespoons olive oil, ghee or coconut oil
- Sea salt and pepper to taste

Sauce:

- 1 cup cashews, soaked for one hour
- 4 tablespoons almond milk
- 1/4 cup fresh dill, chopped
- 1 small lemon, juiced
- Sea salt and pepper to taste

Directions:

Soak the cashews in advance for 60 minutes in water. Preheat the oven to 350°F. In a large bowl, mix the eggs together then add the almond milk, green onions, salmon cubes, oat flour and salt and pepper. Heat the oil in a skillet over medium-high heat and shape the patties before frying for 8-10 minutes, flipping halfway through. After the cashews are softened, rinse and drain then add remaining ingredients. Blend together and serve on top of patties.

Modification:

Use dried dill in place of fresh dill. Feel free to add additional herbs, such as parsley to the sauce.

Nutritionist Note:

Salmon is an excellent source of omega 3 fatty acids which are great for the brain, skin and help to reduce inflammation in the body.

Source: *Nourish & Glow*

