

INSPIRED BY FITNESS

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



July/August 2022 Newsletter

QUICK FIT TIP

Eat the right foods!

Your diet plays a huge part when it comes to fitness and your overall health. While you won't be able to completely change your diet overnight, strive to make small changes every day.

Try introducing leafy greens, lean meats and fruit into your diet. Apples do a good job in making the stomach feel full for 3-4 hours. Green vegetables keep the digestive system clean and running. Lean meats are full of protein and healthy nutrients to help keep muscles fit and ready for workouts.



INSPIRED INSIDER

Get ready for your best summer yet as you sweat, eat and dream your way to your fittest self with the following easy, yet crucial, advice.

Stay Hydrated. Hydrating your body is a simple step to get started with since water is an excellent source for speeding up your metabolism and suppressing hunger. Keeping yourself hydrated should be the first thing on the list for getting fit (and this isn't just for the benefit of losing weight). Switching from sugary drinks to water will help to consume fewer calories and less saturated fat. It will improve your gut health, as well as overall health, and help you feel more alert and vibrant.

Mix Up Your Workouts. Giving your body a variety of different workouts can be a great gift to your health. When you work out different areas of your body with new movements, you'll not only see progress (ie., weight loss and muscle growth), but you'll also build up a stronger heart that gives you the endurance you need to make it through any physical activity that comes your way.

Rest & Recovery. Your body requires time to recover after a strenuous workout. This means getting adequate rest, being hydrated and eating enough nutritious food. If you work out often, it's vital to incorporate recovery days in your training schedule. A recovery day doesn't necessarily mean a day off from workouts; but rather, it's a lighter day dedicated to giving your body some extra TLC.

Eat Healthy. As much as possible, eat wholesome, fresh foods. By eating as clean as possible, you'll be able to cut calories from your diet while also feeling better.

Love Your Body. Learn to respect your body and be grateful for all that it allows you to do on a daily basis. With a positive mindset, you'll not only feel more confident in your skin at any age, but you'll also be more likely to exercise, eat well and live well because you love your body and want to take care of it.

It's important to create a personal strategy for what you want to accomplish and when you want to accomplish it. Be realistic. Changing your body takes longer than you might expect; it won't happen immediately. You must consider the fact that your body evolves and that you will need to transition into different phases of action in order to maintain your progress toward your ultimate goal.

*Product orders for this session go in on
Friday, July 8th & Friday, August 12th.*

SHRED FAT, BUILD MUSCLE, TONE UP & HAVE FUN AT SUMMER OUTDOOR BOOT CAMP

We want to get you fit, get you healthy, challenge your mind, challenge your body, and most importantly, make fitness fun! At **Summer Outdoor Boot Camp**, participants 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 8-week session will take place starting on **Wednesday, July 6th at 7:00 pm** at the Stratford Festival Archives parking lot (right beside Inspired by Fitness) and will replace Wednesday evening Yoga classes for the duration.



RESET YOUR INTENTIONS & RECOMMIT TO THAT GOAL WITH THE FITNESS RESET 5-DAY ONLINE CHALLENGE

The **Fitness Reset 5-Day Challenge** will educate you on the benefits of mixing up your training, the importance of using the correct technique and to reset your fitness goals. You will feel empowered, stronger and confident to achieve even the most ambitious fitness goals. Work out alongside Personal Training Specialist, Sherry Kresky-Wilson, to grow your physical strength, mental endurance and leave you feeling accomplished.

This FREE 5-day challenge will be held from **Monday, July 18th to Friday, July 22nd**. Join on [Facebook](#) or [Instagram](#).

THESE DEALS ARE SIZZLING – GET ‘EM WHILE THEY’RE HOT

Enjoy some hot savings with our **Sizzling Summer Sale!** We are thrilled to offer a 25% discount on our Inspired FRIEND 20-class pass and/or a 10% discount on our Training Sessions (Personal/Group/Online). This is our biggest sale for classes and training sessions, so don't wait if you want to enjoy some great savings!

This sale will be held for one day only – **Thursday, July 7th**. Visit our [WellnessLiving](#) site to purchase using these discount codes: SIZZFRIEND22 (Inspired FRIEND 20-class pass) and/or SIZZTRAIN22 (training sessions).

RELEASE YOUR INNER ROCKSTAR AT POUND CLASS

We are so excited to add **POUND class** at the studio as a 7-week pop-up offering! POUND is an exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective workout designed for all fitness levels.

This special 7-week pop-up class will start weekly on **Wednesday, July 6th to Wednesday, August 17th from 6:00 to 6:45 pm** and will be led by guest instructor, Michelle Rawlings. Please note this class will replace Wednesday evening Butt & Gut for the duration.



INSPIRED BY FITNESS TURNS 8

Inspired by Fitness is celebrating its 8th anniversary on August 1st. Eight years of making a positive impact on a very special community filled with very special people! Our mission is to inspire you to live fit, elevate yourself to the next level, pursue your goals, and most importantly, keep faith and always believe in yourself. It's been an incredible journey and we're so grateful to have you along for the ride.


We're busy cooking up some special activities, sales and prizes to celebrate, so stay tuned to our social media for more information.

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

*Friday, July 1st for Canada Day
Saturday, July 2nd for Long Weekend
Monday, August 1st for Civic Holiday*

INSPIRED BY FITNESS

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FREEDOM SKEWERS



Ingredients:

- 1/4 large watermelon, cubed
- 1 block feta cheese, cubed
- Blueberries
- Mint
- Fresh honey

Directions:

1. Cube the watermelon and the feta cheese block.
2. Make the skewers by adding a cube of watermelon, a cube of feta cheese, a blueberry and a small mint leaf. Continue until you run out of ingredients.
3. When ready to serve, drizzle with fresh honey.
4. Serve cold.

Source:

Shayna's Kitchen