

INSPIRED BY FITNESS

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



July/August 2023 Newsletter

QUICK FIT TIP

Use your breath!

To get the most out of your breath, breathe from the diaphragm. To do this, think of breathing in a 3D fashion – your rib cage should expand from front to back, top to bottom, left to right.

These deep breaths will help you burn extra calories and give you extra energy during your workouts. The bonus is that you can use this breathing style not only to burn more calories during exercise but also while walking to the corner store, sitting at your desk or just sitting in your car on your next road trip.



INSPIRED INSIDER

We are thrilled to now offer Fascial Stretch Therapy at the studio!

Fascial Stretch Therapy is a full-body, pain-free assisted stretch system that works with the joints and fascia (connective tissue) throughout the body. Fascial Stretch Therapy is one of the most efficient and relaxing ways to reduce pain in the body and improve your ability to move in activities of daily living.

This is a private, hands-on manual service provided by our Personal Training Specialist and Fascial Stretch Therapist, Sarah Seddon, who was certified by the Stretch to Win Institute in 2023.

Benefits Of Fascial Stretch Therapy Include:

- Increased Range of Motion for Optimal Flexibility
- Muscular Balance & Symmetry
- Joint Traction & Decompression
- Reduced Joint & Muscle Pain
- Reduced Risk of Injury
- Improved Circulation
- Improved Lymphatic Drain
- Improved Quality of Sleep
- Stress Relief & Relaxation

What Is Fascia?

Fascia is the connective tissue system of the body that penetrates through and wraps around every muscle, nerve and organ in your body.

What Is Different About Fascial Stretch Therapy?

Fascial Stretch Therapy is pain free! It improves mobility of your nerves and flexibility of your muscles and fascia. Other methods focus on isolated muscle stretching which is often uncomfortable or even painful and results are only temporary.

How Fast Does It Work?

We've seen amazing results after just one session! Most times, long-lasting results are achieved within one to five sessions.

Sessions are available for anyone to book; however, Inspired members and training clients will receive a 10% discount on any 60-minute sessions booked.

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

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. These one-hour classes consist of 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 workshop will take place starting on **Saturday, July 8th at 9:00 am** at the Stratford Festival Archives parking lot (right beside Inspired by Fitness) and will replace Saturday 9:30 am Boot Camp classes for the duration.



RECHARGE YOUR MOTIVATION AND REV UP YOUR RESULTS WITH THE BEACH BLAST ONLINE CHALLENGE

The **Beach Blast 5-Day Online Challenge** is all about getting your beach body ready to feel and look your best for the summer. Enjoy transformative total body workouts designed to tone your body, build lean muscle and improve your endurance. Work out alongside Personal Training Specialist, Sherry Kresky, to target all major muscle groups. Each day will focus on a specific body part leading up to a complete full-body workout at the end of the week.

This FREE 5-day challenge will be held from **Monday, July 17th to Friday, July 21st**. 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 6th**. Visit our [WellnessLiving](#) site to purchase using these discount codes: SIZZFRIEND23 (Inspired FRIEND 20-class pass) and/or SIZZTRAIN23 (training sessions).

WE'RE CELEBRATING 9 YEARS OF FITNESS

Be part of the **Team Inspired Fitness Celebration** for the entire month of August! Inspired by Fitness is celebrating its 9th anniversary on August 1st. Nine 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.

Every time you come to class, fill out a ballot for a fabulous door prize. There will be four weekly draws for four lucky winners. The more classes you attend, the more entries you get.



POUND ON HIATUS

Please note that POUND will be on hiatus for the months of July and August. The last scheduled class before the 2-month hiatus will be Wednesday, June 28th. The classes will then resume on Wednesday, September 6th.


As a result, we will move Yoga to 6:00 pm on Wednesdays for this 2-month period.

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

*Saturday, July 1st for Canada Day
Monday, July 3rd for Canada Day (observed)
Monday, August 7th for Civic Holiday*

INSPIRED BY FITNESS

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STRAWBERRY YOGURT BASIL TARTS



Ingredients:

- 5 medium strawberries, cut into 1/4-inch dice
- 2 leaves basil, chopped (about 2 teaspoons)
- 1/8 teaspoon lime zest
- 2 grinds fresh black pepper
- 1/2 cup plain Greek style yogurt
- 1/4 cup ricotta cheese
- 2 tablespoons powdered sugar
- Pre-baked mini phyllo shells

Directions:

1. Combine strawberries, basil, lime zest and pepper.
2. Combine yogurt, ricotta and powdered sugar. Stir to blend and refrigerate until ready to assemble tarts.
3. In each phyllo shell, spoon a teaspoon or two of yogurt cream. Top with strawberry mixture.

Nutritionist Note:

The shells absorb moisture, so they become soggy over time. Best to fill close to serving time. Baking the empty shells will enhance the crispiness. Be sure to cool to room temperature before filling.

Nutrition:

Serving size – 2
Calories – 95

Source:

Live Best