

# INSPIRED BY FITNESS

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



March/April 2018 Newsletter

## THE "WEIGHT" IS OVER!

We are so thrilled to welcome the beautiful Sophia Helena Wilson to Team Inspired!

Sophia arrived on Saturday, January 6, 2018 at 3:54 pm weighing in at 7 pounds, 5 ounces and measuring in at 20 inches.

Sophia will be making her instructor debut at the upcoming Mommy & Me Fitness Classes starting on March 21<sup>st</sup>!

Congratulations, Sherry & Paul – we are so delighted for you!



## INSPIRED INSIDER

With March Break coming up, the kids will be home from school and your schedule will likely need some adjusting. But don't let that be an excuse to let your fitness regime fall behind this week! We know it may seem impossible to get to the studio to sneak in your workout, so take the time to plan ahead. Get your calendar out now, and bargain for your "me" time with your spouse, family members, friends or anyone who will support you with watching the kids. By marking off this time in your calendar well in advance, you can stay on track with your workouts and relieve some of that tension!

International Women's Day is on March 8<sup>th</sup>, and this year the campaign theme is #PressforProgress. Now more than ever, there is a strong global momentum striving for gender parity with movements like #MeToo and #TimesUp. Collective action and shared responsibility for driving gender parity is what makes International Women's Day successful. Make International Women's Day YOUR day and do what you can to truly make a positive difference for women. Press for Progress!

*Product orders for this session go in on Friday, March 9<sup>th</sup> & Friday, April 13<sup>th</sup>.*

## SHAKE YOUR SHAMROCKS FOR ST. PATRICK'S DAY

On **Saturday, March 17<sup>th</sup>**, put on some kelly green and jig your way in to the studio to enjoy St. Patrick's Green Day! We have two lucky classes that day for you to choose from: Boot Camp at 9:30 am and an all-Irish music Spin at 11:30 am.

## COME SWEAT WITH SHERRY & SOPHIA AT MOMMY & ME FITNESS CLASSES

Sherry and Sophia are super excited to introduce Mommy & Me Fitness Classes into the Inspired programming! Bond with your baby and connect with other moms in the community while enjoying innovative full body workouts designed to jumpstart weight loss. Moms will benefit from increased energy, improved posture, less aches and pains and a stronger core. Workouts will incorporate cardio, muscular endurance, postnatal-specific core work and flexibility. Children under two years of age are preferred; moms of any age!

This six-week program begins on **Wednesday, March 21<sup>st</sup> from 11:00 to 11:45 am.**

## PUMPED FOR ADVANCED WEIGHT TRAINING

Our first Advanced Weight Training workshop was such a hit that it was fully booked before it was even advertised! And, much to our delight, it's happened again! The next workshop, scheduled to begin on **Thursday, March 22<sup>nd</sup>**, is booked solid. But don't worry, we'll be holding another workshop in June. However, you may want to save your spot now while there's still space left!

What makes you an advanced weight trainer? Anyone who has already achieved the majority of results they wanted to get and are extremely close to reaching their genetic potential in terms of muscle growth and strength. This workshop is designed to introduce a greater amount of volume, frequency and intensity to ensure progress is made.



## TRANSFORM YOUR BODY FOREVER WITH THE COUCH TO CONFIDENT PROGRAM

We know how tough it can be to lose weight off those stubborn areas. We know how much easier it is to grab a bag of chips rather than dicing and slicing those veggies. We know how easy it is to get fed up with misleading information about fitness and nutrition. We know that working out alone is boring and not fun. That's why we created the **Couch To Confident Program** – a focused total body transformation and accountability program with a group of like-minded individuals led by an inspiring and motivating Fitness Professional.

The **Couch To Confident Program** will transform your body and the way you see fitness and nutrition forever. This is not a short-term fad diet – this is a lifestyle change that will educate you on how to exercise smarter and fuel your body to burn fat and build the body you've always wanted.



Jenn lost 28.2 pounds & 43.5 inches in our last 12-week Couch To Confident Program!

What you can expect if you join the **Couch To Confident Program** as an In-Studio Participant:

- Two Health & Wellness Assessments
- Three customized Nutrition Plans
- Twelve Fitness Classes (one class of your choice per week)
- Twelve Group Training Sessions with your program teammates
- Specialized Home & Gym Workouts
- Weekly content (ie., recipes, exercise tutorials, motivational videos, etc.)
- Exclusive access to a Private Facebook Support Group
- Optional professional Photo Shoot after the final weigh-in day
- Fun Group Accountability & Motivation
- ALL THIS AND AN AMAZING NEW LOOK!!!

This 12-week program begins on **Tuesday, April 3<sup>rd</sup>**. Check out our [website](#) for more information on both In-Studio and Online participation.

### THE IMPORTANCE OF ACCOUNTABILITY

Without accountability, it's hard to be consistent.

Not only is our Fitness Professional there to help you achieve your goals, but your teammates are counting on you as well.

You all work out together as a team, each pushing each other to your individual goals and counting on each other to achieve them.

Helping others with their accountability will help you with your own – a win-win situation!

## INSPIRE TO BE BRIGHT

Celebrate health, fitness and life by wearing your bright colours to the studio during **Inspired by Colour Week!**

This year we are raising funds for the Stratford Perth Rotary Hospice. You have a chance to win a daily door prize by making a donation to the hospice or by dropping into a class for a \$10 fee.


This week-long event is held from **Monday, April 16<sup>th</sup> to Saturday, April 21<sup>st</sup>.**

*Give your calories one last dance at a Monthly Zumba Special!*

*Saturday, March 24<sup>th</sup> & Saturday, April 7<sup>th</sup>  
8:30 to 9:15 am*

## INSPIRED BY FITNESS

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*The studio will be closed on:  
Friday, March 30<sup>th</sup>, Saturday, March 31<sup>st</sup>  
& Monday, April 2<sup>nd</sup> for Easter Break.*



## MEDITERRANEAN CHICKEN



### Ingredients:

- Juice of 1 orange
- 4 tablespoons olive oil
- 4 large onions, chopped thinly
- 2 large garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- 2 teaspoons paprika
- 1 teaspoon ginger, minced
- 2 cups vegetable or chicken broth
- 4 chicken thighs
- 12 olives, green or black
- Sea salt and pepper, to taste

### Directions:

Squeeze the juice from one orange and set aside. Heat the olive oil on medium heat and add in the onion. Cook until translucent. Add in the garlic and the remaining spices and stir for another few minutes before adding in the chicken and broth. Add sea salt and pepper to taste. Cook covered for 30 minutes or until chicken is fully cooked. Add in the orange juice and olives, then turn to high heat and cook for one minute.

### Modifications:

Substitute chicken thighs for chicken breasts.

### Nutritionist Note:

Chicken is an excellent source of lean protein.

### Source:

Nourish & Glow