

INSPIRED BY FITNESS

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



March/April 2019 Newsletter

GET INSPIRED AND PUMP IT UP! A HEART & STROKE FUNDRAISER

From February 11th to 16th, we were honoured to support Heart & Stroke to give Canadian women more hope, more time and more life with our Get Inspired & Pump It Up! fundraiser.

Every dollar we raised will help to fund medical breakthroughs in the prevention and treatment of heart disease and stroke.

It was our privilege to support this worthy cause to transform the health of women in Canada and bring hope to families affected by heart disease and stroke.

Proceeds in support of



INSPIRED INSIDER

Our lives are often filled with so many things that can take the focus off our own health and wellbeing. Proactively making time for fitness by incorporating it into our normal, everyday routines will likely result in a greater willingness to stick with it over the long term.

A fitness routine doesn't have to be complicated or elaborate. The trick is to make it a priority and build it into your day.

To help you get started or to get you back on track, here are some ways to make time for exercise – even when you don't think you have time!

Make a commitment. It's important to plan ahead so other things don't push fitness off your radar!

- Schedule physical activity as you would any other appointment during the day.
- Sign up for a group fitness class at the studio. The cost may be an added incentive to stick with it.

Enlist family, friends and co-workers. Physical activity can be more fun when you have company!

- Involve the whole family by taking a walk before or after dinner.
- Recruit your co-workers and head to our 30-minute Lunch Classes. Encouragement from others can help you stay with a new activity.
- Make a date with a friend for an active outing like dancing or hiking.

Fit in fitness at home. Time at home doesn't have to be spent on the couch.

- Wake up early and use the extra time to take a brisk walk around the neighbourhood.
- Make chores count by working at a pace fast enough to get your heart pumping. Outdoor chores like cutting the lawn, raking and digging in the garden are great ways to exercise as well.
- Ride a stationary bike, use hand weights or do a stretching routine while watching your favourite TV shows.

Committing to a fitness routine doesn't mean you have to spend 90 sweaty minutes in the gym and hate whatever it is you're doing; it means you just have to move when you see opportunities! You owe it to yourself and everyone else you are taking care of to be the best version of you!

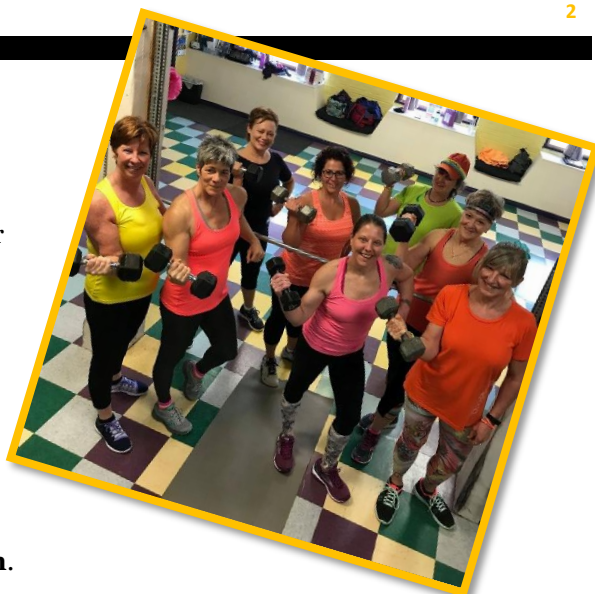
*Product orders for this session go in on
Friday, March 8th & Friday, April 12th.*

PUMP IT UP AT ADVANCED WEIGHT TRAINING

For our advanced fitness enthusiasts, there are few things that provide more inspiration than increasing their major lifts by roughly 25%! Our **Advanced Weight Training** workshop, designed and tested by our Personal Trainer, Sherry, Kresky, will push you to move more weight and put in the work.

This six-week workshop is divided into three phases which provide a different focus to keep the gains coming. Expect to work all of your major muscle groups in a controlled, safe and fun environment while developing the ability to listen to your body and measure its progress.

This workshop begins on **Friday, March 8th from 5:20 to 6:05 pm.**



JOIN US AT OUR SPRING INTO FITNESS OPEN HOUSE

Here's your opportunity to check out Stratford's favourite fitness studio and get great information about classes, personal training and the way to a more fit and healthy lifestyle.

Here's what you can expect at the **Spring Into Fitness Open House on Saturday, March 23rd from 10:00 am to 2:00 pm:**

- Participate in free demos of some of our signature fitness classes.
- Free orientation. Our staff is ready to answer all of your questions about our classes, programs and services.
- Save 10% on fitness memberships and personal training when you sign up at the open house (new members only).
- Our Certified Precision Nutritionist will be here to answer all of your questions.
- Chance to win some fabulous door prizes.
- Enjoy some healthy snacks.

We also encourage our members to join us! Try that class you've been eyeing up, chat with our team and other members and share your love of your fitness journey with family and friends. The more the merrier!

SPRING INTO FITNESS OPEN HOUSE FITNESS CLASS DEMO SCHEDULE

10:30 to 10:45 am:

Bounce with Sherry Kresky & Jenn Facey

10:45 to 11:00 am:

JOGA with Dori Hishon

11:00 to 11:15 am:

Boot Camp with Joan Maloney

11:15 to 11:30 am:

Butt & Gut with Alicia Horne

11:30 to 11:45 am:

CORE DE FORCE with Julie Witzel

11:45 am to 12:00 pm:

Zumba with Mitisha Smitjes

12:00 to 12:15 pm:

STRONG by Zumba with Mitisha Smitjes

INSPIRE TO BE BRIGHT AT INSPIRED BY COLOUR WEEK

Celebrate health, fitness and life by wearing your bright colours to the studio for **Inspired by Colour Week!** It's also an opportunity for us to raise some much-needed funds and awareness for a great cause.

Once again, we will be raising funds for the Stratford Perth Rotary Hospice.

- Every donation made to the Hospice will gain you an entry for a fabulous door prize.
- Spread your donation out over the week to increase your chances of winning!
- We will also be donating all class drop-in fees that week to the Hospice.

This week-long fundraising event will be held from **Monday, April 8th to Saturday, April 13th.**

ST. PATRICK'S GREEN DAYS

Shake your shamrocks with us on **Friday, March 15th** and **Saturday, March 16th** at our St. Patrick's Green Days!

Put on some kelly green and jig your way into the studio for some lucky classes. On the 15th we have two Circuit classes at 9:00 to 9:45 am and 12:15 to 12:45 pm. On the 16th come out for Boot Camp from 9:30 to 10:15 am.

The following classes are **cancelled** this session:


Yoga: Tuesday, March 5th

STRONG by Zumba: Wednesday, March 13th

Boot Camp: Saturday, March 23rd

INSPIRED BY FITNESS

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The studio will be closed for Easter Break from Friday, April 19th to Monday, April 22nd.



COCONUT COOKIES



Ingredients:

- 1 egg
- 3/4 cup coconut flour
- 3/4 cup nut butter
- 1 teaspoon vanilla extract
- 1/4 cup honey
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon cinnamon
- A little dash of nutmeg
- 2 tablespoons coconut sugar

Directions:

1. Preheat oven to 325F.
2. In a medium bowl, add the egg, honey and vanilla and whisk. Then add the nut butter and mix until thoroughly blended. Add in the dry ingredients, mixing until thoroughly blended.
3. On a piece of parchment paper or a non-stick baking pan, place 1 heaped tablespoon worth of batter or 1 cookie scoop on the pan. (These cookies don't get large, so spacing closer together is fine.)
4. Using a wet fork (rinse in water), press the fork on top of the cookie to slightly flatten.
5. Bake in oven for 15 minutes.
6. Once finished, place on a cooling rack and enjoy.

Source:

Dori Nelson Nutrition