

INSPIRED BY FITNESS

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



March/April 2021 Newsletter

QUICK FIT TIP

Be your own biggest fan!

View fitness as an opportunity to be a better version of yourself, to build yourself up and to let your strengths guide you, while looking at weaknesses with a sense of compassion.

Your mental game affects how you feel emotionally and how you perform physically, so always make sure your inner voice is pumped up and ready to rise to a challenge and celebrate every moment of work you put in. It's much more satisfying to push yourself to the tune of "yes I can" than to be afraid of failing.



INSPIRED INSIDER

As many of our daily routines remain restricted during the lockdown, it can be difficult to find the motivation to exercise. With the challenges of working from home and limited access to fitness facilities, you may be finding it hard to stick to a workout routine. However, working out in some form on a regular basis can make a huge difference to how well you think and feel. In fact, exercise is one of the most powerful tools we have for staying physically and mentally healthy. Of course, finding time, space and motivation to exercise while at home is far easier said than done. Nonetheless, with gyms being closed and people spending less time outdoors, we have to try our best to make do with our domestic surroundings.

Here are some tips to motivate you to work out from home, even if you don't feel like it.

1. **Find your online fitness fit.** The most important thing you can do is find a routine that you're actually going to *enjoy* doing at home. We have transitioned our fitness classes to an online platform during the lockdown which provides our members with access to almost 30 classes a week. Classes range from strength training and cardio workouts to yoga and sculpt, so you'll always find something you love.
2. **Pencil it in.** Prioritize exercise by blocking out time on your calendar and then planning your days and weeks around those blocks.
3. **Set your space.** You'll need to make whatever space you have work. Whatever you have to move/set-up/dismantle in order to set up your "mini gym", do it well before your scheduled workout, so there are no barriers or excuses.
4. **Dress for success.** Simply wearing workout gear can help motivate you to exercise. When you're already in your workout clothes, you'll have no excuses when it's time to join your class later on.
5. **Go public with it.** But only AFTER you've crushed your workout. When you share your progress and accomplishments, you'll build a small group of cheerleaders, and you can tap into that satisfied feeling the next time you're on the fence about working out.
6. **Reward yourself.** It's okay to use small rewards to persuade yourself to work out.

The best way to motivate yourself to work out at home is to find a routine you truly enjoy so your at-home workout doesn't feel like work. Then control as many factors as you can to set yourself up for success.

*Product orders for this session go in on
Friday, March 12th & Friday, April 9th.*

GET BACK INTO A FITNESS GROOVE WITH OUR ONLINE MOMMY & ME FITNESS CLASSES VIA ZOOM

We are committed to still bringing you our amazing Mommy & Me classes in a safe, fun and healthy way. Moms can now work out in the comfort of their own home with baby participating, watching or in their carrier during nap time at our **Mommy & Me Online Fitness Classes via Zoom!**



These classes will lay the foundation to be your strongest and healthiest self. You'll feel happier, which will make everything about being a new mom easier! You can expect a great workout consisting of cardio, muscular endurance, postnatal-specific core work and flexibility. Led by Personal Training Specialist, Sherry Kresky-Wilson (also a mother of two), this workshop is a fantastic opportunity to enjoy the same feeling of community through fitness right in your own home.

This eight-week workshop will begin on **Wednesday, March 3rd from 11:00 to 11:40 am.**

FIND YOUR POT OF GOLD AT INSPIRED

We want to share the luck of the Irish with you at our **St. Patrick's Day 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 – **Wednesday, March 17th**. Visit our [WellnessLiving](#) site to purchase using these discount codes: STPATSFRIEND21 (Inspired FRIEND 20-class pass) and/or STPATSTRAIN21 (training sessions).

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 19th to Saturday, April 24th**.



GET FITTER FASTER BY PUSHING THROUGH TIME WITH THE TOTAL TABATA CHALLENGE

The **Total Tabata 5-Day Challenge** introduces a time-efficient workout that "HIITs" the spot for all fitness lovers. Tabata is a type of interval training that mixes high-intensity periods with shorter rest periods. You will do 20 seconds of work, followed by 10 seconds of rest, repeated 8 times for a total of 4 minutes. You will get more done in less time with this results-driven training method. Work out alongside our Personal Trainer & Fitness Professional, Sherry Kresky-Wilson, to target multiple muscle groups, build endurance and torch serious calories quickly. A new round will be introduced every day to leave you full of energy. This FREE 5-day challenge will be held from **Monday, April 19th to Friday, April 23rd**. Join on [Facebook](#) or [Instagram](#).

ST. PATRICK'S GREEN DAY

Shake your shamrocks with us on **Wednesday, March 17th** for St. Patrick's Green Day!

Put on some kelly green and jig your way into the studio for some lucky classes:

- ☘ 9:00 am – Weights
- ☘ 10:00 am – LIBB (Zumba Light)
- ☘ 11:00 am – Mommy & Me
- ☘ 12:15 pm – Butt & Gut
- ☘ 5:20 pm – Weights
- ☘ 6:15 pm – TripleFIT
- ☘ 7:10 pm – STRONG Nation

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

Friday, April 2nd for Good Friday
Saturday, April 3rd for Holidays

INSPIRED BY FITNESS

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CAULIFLOWER PIZZA CRUST



Ingredients:

- 1-1/2 pounds cauliflower florets
- 1/2 cup shredded cheese
- 1 egg, beaten
- 1 teaspoon Italian seasoning
- Salt and pepper, to taste

Directions:

1. Preheat your oven to 400F.
2. Stem your cauliflower and grate the heads using a food processor or grater until small and rice-like.
3. Saute your cauliflower rice in pan for 8-10 minutes or until soft. Let it cool.
4. Drain the cauliflower using a thin, clean kitchen towel. Squeeze until all of the excess moisture is out of the cauliflower.
5. In a large mixing bowl, add the drained cauliflower rice, cheese, egg and seasoning. Use your hands to combine together until it forms a dough.
6. On a parchment-lined baking sheet, form the dough into a large, even circle. The diameter should be around 9 inches, but this depends on how crispy you like your crust.
7. Bake for 20 minutes. Flip the crust over and bake for an additional 5-10 minutes or until slightly brown.
8. Add desired toppings and bake for 10 minutes.

Source:

Shayna's Kitchen