

INSPIRED BY FITNESS

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



March/April 2023 Newsletter

QUICK FIT TIP

Assess your progress.

Tracking your progress is an amazing way of helping you to focus on the bigger picture while making exercise more enjoyable and sustainable. However you decide to measure your progress, it's important to celebrate the small wins and really enjoy the journey.

Reaching your fitness goal is about building a healthy, long-term habit that you can stick to. You can become more in tune with your health both physically and mentally.



INSPIRED INSIDER

Positive thinking starts with you. Your body hears everything you think. Your power exists in the space between your ears. Everything you are trying to achieve from improving your health to becoming a happier person, it all starts in your head. And repeating short positive affirmations regularly throughout your day is a great tool to help foster positive changes in your life.

It may seem silly if you're new to this concept but using positive affirmations to help change your thought patterns is a real thing. Positive affirmations are positive words, phrases and statements that you repeat in your mind or even out loud to alter your mental state.

The average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are negative self-talk. Most of us focus on the negative without even realizing it. Therefore, by introducing positive affirmations into your daily routine, you can improve your ability to think positively which can successfully reduce stress, reduce anxiety, increase confidence and even make you more resistant to illness.

Prepare your mind to have a great day by starting your morning with a positive affirmation. Here are a few of our favourite ones:

1. I create my happiness by accepting every part of myself with unconditional love.
2. I choose to be happy regardless of what's happening in my life.
3. I am in control of how I feel. I can choose to feel different and shift my focus to things that help me create my desired emotions.
4. I AM: releasing all negativity; choosing happiness; becoming a better version of myself; inspired to be the very best I can be.
5. Yes, you can.
6. I know difficult situations are only temporary.
7. My ability to conquer my challenges is limitless; my potential to succeed is infinite.
8. You have survived every single thing you thought you wouldn't.
9. I choose what I become.
10. I am welcoming this opportunity to grow stronger and become better.

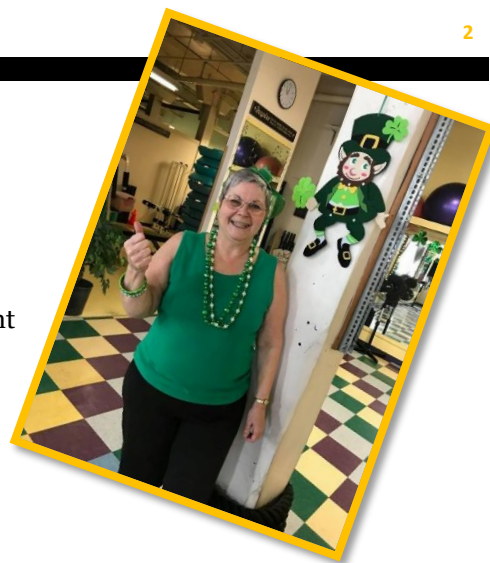
Whether you put your favourite saying on a sticky note on your bathroom mirror or write it down in your journal, this daily routine can be a mood changer for the short term or a life changer for the long run.

*Product orders for this session go in on
Friday, March 10th & Friday, April 14th.*

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 – **Friday, March 17th**. Visit our [WellnessLiving](#) site to purchase using these discount codes: STPATSFRIEND23 (Inspired FRIEND 20-class pass) and/or STPATSTRAIN23 (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 Inspired ACCESS drop-in fees and Inspired EXPRESS pass fees that week to the Hospice.

This week-long fundraising event will be held from **Monday, April 17th to Saturday, April 22nd**.

LEARN HOW TO MAKE YOURSELF A PRIORITY WITH THE SELF-LOVE CHALLENGE

Exercise can become a positive experience that you start looking forward to when you stop viewing it as something you HAVE to do, but instead as something you GET to do. The **Self-Love 5-Day Online Challenge** will help you realize what your body is capable and thanking it for all it does for you. Find your why, focus on yourself and enhance your fitness journey. Join Personal Training Specialist, Sherry Kresky, as she shares tips on how to build up your mental muscles by showing love and appreciation for your body. Positivity is the ultimate way to show yourself self-love because it can transform how you feel and how you see yourself.

This FREE 5-day challenge will be held from **Monday, April 24th to Friday, April 28th**. Join on [Facebook](#) or [Instagram](#).



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 will push you to move more weight and put in the work.

This 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 nine-week workshop, led by Sherry Kresky, begins on **Friday, April 28th from 5:15 to 6:15 pm**.

ST. PATRICK'S GREEN DAY

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

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

- ☘ 6:00 am – Circuit
- ☘ 9:00 am – Circuit
- ☘ 12:15 pm – Boot Camp

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

Friday, April 7th for Good Friday
Saturday, April 8th for Easter Break

Keep on track with your fitness routine by tuning into our free *Inspired To-Go* workouts on YouTube or Facebook Videos.

INSPIRED BY FITNESS

📍 390 Douro Street, Unit #10
Stratford, ON, N5A 3S7

☎ (519) 276-1066

✉ info@inspiredbyfitness.ca

🌐 www.inspiredbyfitness.ca



edamame Hummus



Ingredients:

- 1 cup frozen edamame, shelled & thawed
- 3-1/2 tablespoons tahini
- 3 tablespoons water
- 2 tablespoons lemon juice
- 2 tablespoons canola oil
- 2 gloves garlic, roughly chopped
- 3/4 teaspoon kosher salt
- 1/4 teaspoon onion powder
- 1/8 teaspoon black pepper
- Olive oil to drizzle on top for serving (optional)

Directions:

1. Combine all ingredients in a mini food processor.
2. Process until desired consistency, scraping down the sides as needed.
3. Refrigerate for at least one hour allowing the flavours to blend.
4. When serving, drizzle with a little olive oil, if desired.

Serving Ideas:

Great served with whole grain pita bread or pita chips, pretzels and/or raw veggies.

Nutrition Information (1 serving = 2 tablespoons):

Calories = 39 / Total Fat = 4 g / Saturated Fat = 0 g / Trans Fat = 0 g / Unsaturated Fat = 3 g / Cholesterol = 0 mg / Sodium = 81 mg / Carbohydrates = 1 g / Fiber = 0 g / Sugar = 0 g / Protein = 1 g

Source:

Two Healthy Kitchens