

# INSPIRED BY FITNESS

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



March/April 2024 Newsletter

## QUICK FIT TIP

Challenge your core in every movement!

Did you know that you can use squats or lunges as a core workout as well as a lower body workout? Connect with your core and feel your abs engage. Spend 60 seconds at the beginning of your workout doing this. Then, throughout your workout, pull your naval toward your spine no matter what body parts you're working.

It is essential to engage your core to protect your spine and improve your form.



## INSPIRED INSIDER

Easter is just around the corner and the long weekend is a great opportunity to take a well-earned break, relax and catch up with family and friends. Even with the odd chocolate here or there, you don't have to let Easter break your healthy habits.

**Start the day right.** Make sure you are starting each day with a breakfast rich in protein, fibre and energy so you aren't reaching for chocolate the hour later.

**Don't deprive yourself but set a limit.** Having the odd chocolate egg or a nibble of a chocolate bunny is fine. Set yourself a limit to how much chocolate you will have and stick to it. A good way to set a limit is looking at the serving suggestions included in the nutritional information on the packaging and aim not to go over that amount.

**Plan exercise with a loved one.** Planning some physical activity with some friends or family means you're less likely to roll over and hit the snooze button. It's always good to fit some exercise in when you can.

**Eat dark chocolate.** The darker the chocolate, the less sugar and more antioxidants it tends to contain. Switch your sugary milk and white chocolate to its darker variety to get your chocolate fix.

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

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## TONE YOUR WHOLE BODY IN THE GREAT OUTDOORS AT OUR NORDIC WALKING CLINIC

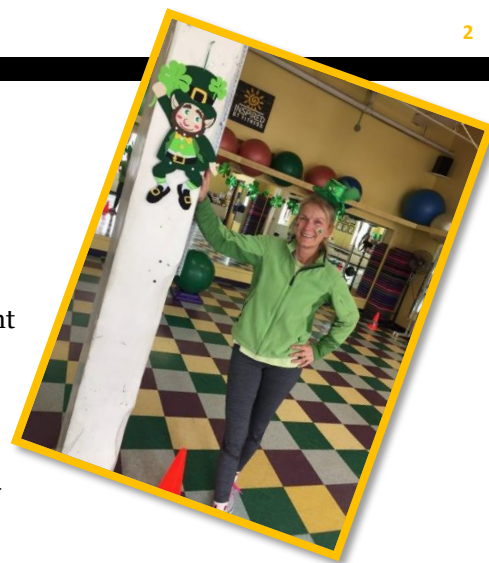
Explore some of Stratford's most beautiful and walkable areas with our **Nordic Walking Clinic!** Nordic Walking is a full-body workout for people of all ages and fitness levels. It challenges almost every muscle while also training cardiovascular endurance, balance and coordination. You will offload weight onto Nordic Walking poles which takes the stress off the hips, knees and back while shifting work to the core, arms and shoulders.

This four-week clinic, led by Joan Maloney, will begin on **Saturday, March 2<sup>nd</sup> from 8:30 to 9:30 am**. There are only 10 spots available due to limited pole availability (which will be allocated on a first-come, first-served basis); however, if you have a set of your own Nordic Walking poles, you are more than welcome to join the clinic for the same price.

## **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 – **Sunday, March 17<sup>th</sup>**. Visit our [WellnessLiving](#) site to purchase using these discount codes: STPATSFRIEND24 (Inspired FRIEND 20-class pass) and/or STPATSTRAIN24 (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 15<sup>th</sup> to Saturday, April 20<sup>th</sup>**.

## **GRAB A SEAT AND DISCOVER A QUICK WAY TO GET FIT WITH THE TOTAL BODY CHAIR STRENGTH CHALLENGE**

Chair exercises allow you to work all the muscles in your body, and the beauty of these exercises is that they are scalable to different fitness levels. A chair allows you to both progress and regress moves, making them great for building on your fitness level. The **Total Body Chair Strength 5-Day Online Challenge** will help you focus on the movements themselves without worrying about balance. Join Personal Training Specialist, Sherry Kresky, with chair exercises to build strength in your upper body, lower body and core – without having to invest in any equipment.

This FREE 5-day challenge will be held from **Monday, April 22<sup>nd</sup> to Friday, April 26<sup>th</sup>**. 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 26<sup>th</sup> from 5:15 to 6:15 pm**.



## ST. PATRICK'S SPIRIT DAYS

Shake your shamrocks with us on **Friday, March 15<sup>th</sup> and Saturday, March 16<sup>th</sup>** for St. Patrick's Spirit Days!

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

Friday:

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

Saturday:

- ☘ 9:30 am – Boot Camp

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

Friday, March 29<sup>th</sup> for Good Friday  
Saturday, March 30<sup>th</sup> for Easter Break

## INSPIRED BY FITNESS

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## COCONUT MACAROON NESTS



### Ingredients:

- 3/4 cup from 5 large egg whites
- 6 tablespoons granulated sugar
- 10 ounces sweetened coconut flakes
- 1/2 teaspoon almond extract
- 1/4 teaspoon vanilla extract
- Pinch of salt
- Cooking spray
- 72 mini Cadbury chocolate eggs

### Directions:

1. In a heavy saucepan, combine egg whites, sugar and coconut flakes and cook over medium-low heat, stirring frequently until all the ingredients combine together, about 12 minutes. The mixture should be sticky and moist, not dry.
2. Remove from heat and stir in the almond and vanilla extracts.
3. Set aside and let cool 10 minutes, should be warm.
4. Preheat the oven to 300F. Spray a non-stick mini muffin tin with oil.
5. Drop heaping tablespoons in the tin, lightly pressing the mixture into the bottom and up the sides of the tin to make "nests" with the back of a measuring spoon.
6. Bake 22-25 minutes, or until golden.
7. Let cool for 10 minutes, then carefully remove from tin.
8. Arrange the nests and top each with 2 chocolate eggs.

### Nutrition (serving: 2 nests):

Calories – 158 / Carbohydrates – 20g / Protein – 3g /  
Fat – 8g / Cholesterol – 2mg / Sodium – 25mg / Fibre – 1g /  
Sugar – 19g

### Source:

Skinny Taste