

# INSPIRED BY FITNESS

Inspire to do more, to be more, to achieve more!



May/June 2017 Newsletter

## SPARKLE EVERYWHERE YOU GO WITH THE FIT & BEAUTY BOX!

These boxes are curated by Sherry Kresky of Inspired by Fitness and Pasqua Paola of The Hair Room 1979. For only \$49.99 + HST, you can indulge in fabulous products where fitness meets beauty! (Each box is guaranteed to have a retail value of \$119.00.)

Pre-orders will be taken in June. And starting in July, they will be available for purchase at the studio while quantities last.



## INSPIRED INSIDER

Thanks to our incredible members for making this past session such a success! We had so many fantastic events and new offerings at Inspired by Fitness in the March/April session:

- Butt, Gut & Stretch classes
- Mobility Workshop
- Monthly Spin specials (Shamrock Shake Spin & Eggscellent Easter Spin)
- Monthly Zumba specials
- Wear Green for St. Patrick's Day
- Couch to Confident: 12-Week Transformation Program
- Spring Into A New You: Women's Wellness Day
- Inspired by Colour Week
- Learn To Run Clinic
- Rugged Maniac training sessions

All those PLUS our regular personal/group training sessions, nutrition consultations and fitness classes! You may think it's hard to top an action-packed session like that, but at Inspired by Fitness, we always endeavor to offer the best fitness, health and wellness programs in Stratford!

Events for the May/June session focus primarily on community. We love to give back when we can since the community has given so much to us!

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*Product orders for this session go in on  
Friday, May 12<sup>th</sup> & Friday, June 9<sup>th</sup>.*

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## HIKE FOR HOSPICE PALLIATIVE CARE

Hike for Hospice Palliative Care is a unique national fundraising event across Canada that brings together organizations to raise funds and awareness in their community. The funds raised through the Hike can ensure that more Canadians can receive the end-of-life care that they wish for. Inspired by Fitness is a proud supporter of Stratford Perth Residential Hospice, and we would like to encourage our members to join the Hike on **Sunday, May 7<sup>th</sup> at 9:00 am at the Stratford Rotary Complex**. More details can be found at: [http://chpca.convio.net/site/TR/Hike/RotaryClubofStratford-ResidentialHospiceStratfordPerth?fr\\_id=1772&pg=entry](http://chpca.convio.net/site/TR/Hike/RotaryClubofStratford-ResidentialHospiceStratfordPerth?fr_id=1772&pg=entry)

[ResidentialHospiceStratfordPerth?fr\\_id=1772&pg=entry](http://chpca.convio.net/site/TR/Hike/RotaryClubofStratford-ResidentialHospiceStratfordPerth?fr_id=1772&pg=entry)



Book your personal training session today!

## Contact Us

### Inspired by Fitness

(519) 276-1066

info@inspiredbyfitness.ca

www.inspiredbyfitness.ca

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*Please note Yoga class is cancelled on May 2<sup>nd</sup>  
and Boot Camp is cancelled on June 3<sup>rd</sup>.*

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## RELAY FOR LIFE – CALLING ALL ZUMBA-ITES

Relay for Life is a community fundraising event where Canadians across the country join together in the fight against cancer.

This event takes place on **Friday, June 2<sup>nd</sup> from 7:00 pm to 12:00 am at Stratford Central School**, and Inspired by Fitness is thrilled to play a small part in this event by putting on a Zumba demonstration/mini-class – participants and cheerleaders are all welcome! Stay tuned for more details.

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*Rugged Maniac Training Sessions will be held on May 13<sup>th</sup> & May 27<sup>th</sup> from 11:00 am to 12:00 pm at Stratford Central School.*

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## WARM-UP & RUN WITH US AT THE HOG JOG

The Hog Jog is a community fundraiser to provide needed funds to support local charities. This year the Hog Jog is supporting Optimism Place Women's Shelter and Support Services. Funds raised will help Optimism Place to purchase a new van to provide reliable transportation for rural and local women to get to the shelter as well as court meetings and other professional meetings. The new van will also provide safe transportation to and from school for the children living at the shelter.

We are delighted to offer the warm-up at this event on **Wednesday, June 21<sup>st</sup> at 6:15 pm at the Stratford Rotary Complex**. Join us for the warm-up and/or sign-up for the run. More details can be found at: [http://convio.cancer.ca/site/TR/RelayForLife/RFL\\_ON\\_odd?fr\\_id=22447&pg=entry](http://convio.cancer.ca/site/TR/RelayForLife/RFL_ON_odd?fr_id=22447&pg=entry)

## KNOW BEFORE YOU GO – SPIN CLASS

Whether you're a Spin class newbie or simply brushing up on the etiquette, here are some tips for a successful joyride:

- *Pick clothes that maximize your abilities on the bike.* You're going to sweat a lot, so you want clothing that wicks moisture away but is also tight so you don't have a lot of extra fabric.
- *Spin shoes are recommended, but not required.* Our bikes have cages and straps you can hook your regular sneakers into, but if you're going to do classes regularly, Spin shoes make your ride that much more efficient.
- *Bike set-up and form is key to a great ride.* Your seat height is important. You want to be in a position where you can get proper knee extension, but you don't want to be so high that you have to actually reach down to the pedals when your hips are moving in the saddle. You should also feel comfortable with your handlebars. You don't want to have them up so high that your shoulders are around your ears, and you don't want to have them down so low that you have pain in your shoulders and back. And watch the distance between your seat and your handlebars. Your knees should always be positioned directly over your forefoot.
- *Expect a vigorous workout.* Every class is different, but you're going to get a hardcore workout no matter what. The upside is that you'll feel great when you're through, and you'll probably have fun doing it. There will be a warm-up, and within the ride, you can expect different paces. Classes are always paired with great music, so you'll have fast songs where you're pedaling more intensely and slower songs for uphill climbs.
- *You can always go at your own pace.* Just because the instructor says to crank up your speed or tension doesn't mean you have to if you're not ready. Always listen to your body, especially if you're just getting started. The instructor is there to push you, but you should always know what your personal limits are. So, when you come into a

Spin class, a good thing is just to be able to follow instruction and do the best you can do. You're in a room full of people where no one's actually looking at how fast you're going or if you're actually turning up the resistance. Just do your best!

- *Spinning is less intimidating than you may think.* Don't let the fear of the unknown stop you from trying an awesome workout! Remember that anything new is always scary. No matter what you do, the first time is always a little bit more intimidating; that's why we pride ourselves on making your experience very comfortable from the moment you walk in.

Inspired by Fitness offers Spin classes on Tuesdays (9:00 to 9:45 am and 12:15 to 12:45 pm) and Saturdays (11:30 am to 12:15 pm). We also have two great Spin Specials running this session: Camp Spin on **Saturday, May 20<sup>th</sup>** and Canada D'Eh Spin on **Saturday, June 24<sup>th</sup>** (both at 11:30 am for 45 minutes).

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*Party yourself into shape at our Monthly Saturday Zumba Specials on May 27<sup>th</sup> and June 10<sup>th</sup> from 8:30 to 9:15 am.*

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### **INSPIRED BY FITNESS**

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

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*The studio will be closed on May 22<sup>nd</sup> for Victoria Day.*

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### **ALMOND BUTTER & BANANA SAMMY**

#### **Ingredients:**

- 4 slices gluten free bread
- 2 tablespoons almond butter
- 1 banana
- 1/4 teaspoon cinnamon

#### **Directions:**

In a small bowl, mix together the almond butter and cinnamon. Toast bread and spread the cinnamon almond butter and bananas.

#### **Modification:**

Exchange apples for bananas for a crunchier sandwich. Feel free to omit cinnamon or use a different kind of nut butter.

#### **Nutritionist Note:**

Cinnamon is an excellent spice to flavor your food with. It provides a sweet taste and has blood sugar balancing properties. It is also helpful to warm the body energetically.

*Source: Nourish & Glow*

