

INSPIRED BY FITNESS

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



May/June 2022 Newsletter

QUICK FIT TIP

Pay attention to your thoughts!

Thoughts are powerful; bring awareness to yours.

Do you encourage yourself with body positivity or hold yourself back with negativity?

A change in mindset could be all you need to get your health back on track.

A growth mindset recognizes that improvement is possible, even when you're struggling to learn something new. Focus on how good your body feels instead of dwelling on negative thoughts.



INSPIRED INSIDER

When you're taking care of yourself and exercising regularly, you likely notice that you're not only feeling better during the day but sleeping better at night too. Exercise can provide excellent benefits for your sleep.

Making time to exercise can...

- **Improve sleep quality.** Exercise can contribute to more sound and restful sleep. Physical activity can increase more time spent in deep sleep, the most physically restorative sleep phase. Deep sleep helps to boost immune function, support cardiac health and control stress and anxiety.
- **Increase sleep amounts.** Exercise can help you increase the duration of your nightly rest. Being physically active requires you to expend energy and helps you feel more tired and ready to rest at the end of the day. Regular exercise that is part of a consistent routine can help boost sleep duration, in addition to sleep quality.
- **Reduce stress and relieve anxiety.** Stress is a common cause of sleep problems, including falling asleep and sleeping restlessly during the night. Exercise is potent remedy for anxiety and other mood disorders – just five minutes of exercise can trigger anti-anxiety responses in the body. Mind-body movement, such as yoga, can help quiet the parasympathetic nervous system, which can help you relax. Yoga and stretching can also help to lower cortisol levels and reduce blood pressure, as well as having positive effects on mood.
- **Help with insomnia and other sleep disorders.** Exercise can be an effective natural therapy for insomnia. Aerobic exercise may be particularly effective in helping reduce insomnia symptoms over time. Exercise can also help reduce the severity of sleep disordered breathing and may help to reduce the severity of obstructive sleep apnea.

Sleep may receive some of its most significant benefits from exercise that is consistent and routine over time, especially for people who have difficulty sleeping. When it comes to timing of exercise, you should be aware that exercising too close to bedtime may interfere with your ability to sleep. Working out too late in the day can leave you feeling energized and stimulated right before bed and delay your transition to sleep.

Every bit of exercise you can commit to can help you feel better during the day and sleep better at night. Sweet dreams!

*Product orders for this session go in on
Friday, May 13th & Friday, June 10th.*

SET YOURSELF UP FOR SUCCESS AND RUN FOR THE HEALTH OF IT WITH US AT THE LEARN TO RUN CLINIC

Designed and led by an experienced runner and fitness instructor, the six-week **Learn To Run Clinic** will introduce techniques to run safely and minimize injury. Perfect for beginners who want to learn the basics of running and a great motivator for experienced runners who want to improve speed and distance. Expect to build your endurance and find your stride in a great group atmosphere, gradually increasing to 30-45 minutes of continuous running over the course of six weeks.

This clinic, led by Sara Ropp, begins on **Thursday, May 26th from 6:30 to 7:15 pm.**



WELCOME SARA ROPP TO TEAM INSPIRED

We are thrilled to welcome Sara Ropp to Team Inspired! Sara is a Canfitpro Certified Personal Training Specialist, and she is looking forward to working with everyone to get moving and reach those goals.

You can find Sara at the studio on Tuesdays for TripleFIT at 5:15 pm, Wednesdays for Weights at 5:15 pm, as well as the occasional Boot Camp on Saturdays at 9:30 am. Sara is also accepting personal training clients.

IT PAYS TO HAVE FRIENDS AT INSPIRED BY FITNESS

How does FREE MEMBERSHIP TIME sound to you? In grateful recognition for your referrals, we are thrilled to bring back our **Refer-A-Friend Rewards Program** for Inspired ADDICT members. Participating in the program is easy!

1. **REFER.** Refer friends, family members or co-workers to the studio, and if they sign up for an Inspired ADDICT membership, you will be rewarded.
2. **RECEIVE.** After your friend signs up for an Inspired ADDICT membership, we will credit your WellnessLiving account with two free months. That's a savings of over \$160!

This is a limited time offer for the month of June; rules and regulations will apply. Visit our [website](#) for more details. We hope our rewards program shows our valued members the appreciation we have for your support and thinking of our business. It's members like you who make our studio special and help create the warm and friendly atmosphere we are known for. Our members are the key to our continued success!

need some EXTRA MOTIVATION? JOIN THE JUNE FITNESS CHALLENGE

Reset your body, mind and soul with only 10 minutes of movement every day! Adding a little movement to your days can be a great option for self-care, and there's no better way to do that than with our 30-day challenge which is chock full of strength training and cardio workouts. This challenge, which runs from **June 1st to 30th**, is designed for all fitness levels, along with workout tips to help you maximize each step of this journey. Plus, our Facebook group is a safe space to connect with other participants, where you can motivate each other, share fitness tips and swap healthy recipes.

Contact us today to register. \$10 for Inspired members; \$20 for non-members.



CANADIAN PRIDE DAY

On **Thursday, June 30th**, come to your favourite fitness class decked out in red & white or your special Canadian attire to help celebrate Canada's 155th birthday.

- 6:00 am – Weights
- 9:15 am – Yoga
- 10:00 am – LIBB Circuit
- 10:45 am – LIBB Zumba
- 12:15 pm – Spin
- 5:15 pm – Body Sculpt
- 6:00 pm – Bounce
- 7:00 pm – Weights


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

Monday, May 23rd for Victoria Day

If you're looking for a workout, you can always access one of our archived Inspired To-Go videos on Facebook Videos or our YouTube channel. You will find 30-minute workouts for Body Sculpt, Boot Camp, Butt & Gut, Circuit, Tabata, TripleFIT, Weights and Yoga.

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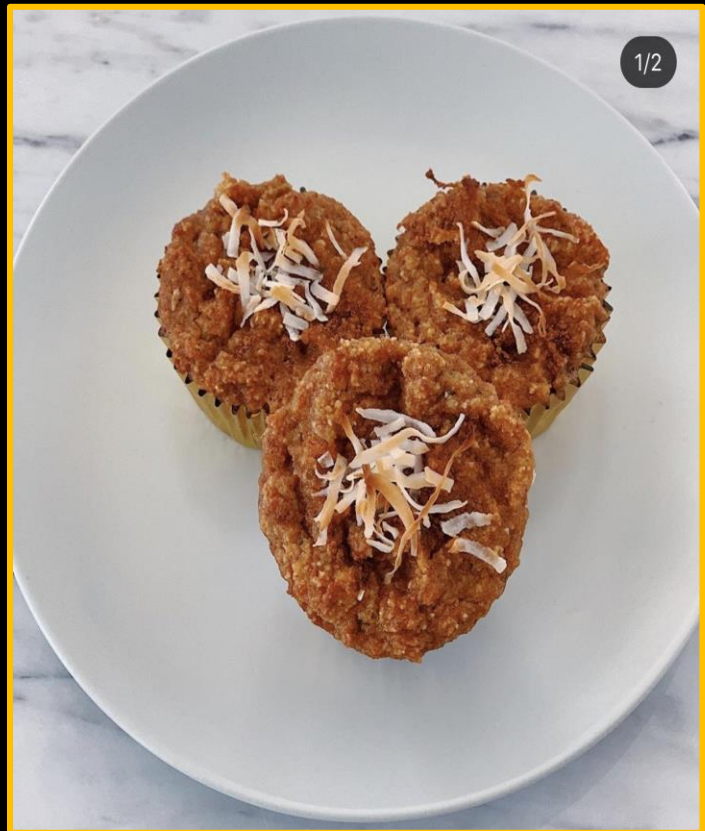
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CARROT GINGER MUFFINS



Ingredients:

- 1-1/4 cups almond flour
- 2 tablespoons coconut flour
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1-1/2 teaspoons ground cinnamon
- 2 inches fresh grated ginger
- 2 organic eggs
- 1/3 cup melted ghee or coconut oil
- 1/3 cup honey or agave
- 2 teaspoons alcohol-free almond extract
- 1/3 cup carrot pulp from making a juice (or fresh grated carrot)
- 1/3 cup almond or coconut milk
- Organic coconut shreds on top for garnish

Directions:

1. Mix all ingredients into a bowl.
2. Add the batter into a muffin baking dish with muffin tins.
3. Bake at 350F for 25 minutes.

Source:

Shayna's Kitchen