

INSPIRED BY FITNESS

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



May/June 2023 Newsletter

Way to Go, Sarah!

Congratulations to Sarah Seddon on completing her certification to become a Fascial Stretch Therapist!

Fascial Stretch Therapy can help increase your range of motion and decrease tension, stress and compression of joints and nerves. It can help to relax and retrain the muscles that are overcompensating due to injury and/or soreness.

Sarah will be offering sessions at the studio, and we are thrilled to share this new offering with you!



INSPIRED INSIDER

Stretching makes up an important part of an exercise routine, and that's why we incorporate pre and post stretches in every fitness class and training session at the studio.

Stretching keeps the muscles flexible, strong and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles become short and tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way. That puts you at risk for joint pain, strains and muscle damage.

Below are the benefits of stretching both before and after a workout.

BEFORE:

- *Increases blood flow.* This helps to prepare your muscles for strenuous activity.
- *Increases flexibility and range of motion.* Stretching in the proper way will help loosen your muscles and tendons. This will increase flexibility and range of motion during your workouts.
- *Improves performance.* Stretching beforehand increases blood flow, flexibility and range of motion. Looser muscles require less energy to work, plus a more flexible body can go further in your workouts.
- *Improves posture.* A key component of working out properly is using the right posture. Stretching helps your body maintain those healthy poses (ie., proper squat form) and keeps your body in that posture while working out.

AFTER:

- *Reduces pain and risk of injury.* Muscles that stay tight after a workout are more prone to injury. Loosening up your muscles will reduce your chance of injury.
- *Promotes circulation.* When you stretch after a workout, you're encouraging your blood to flow more.
- *Gradual relaxation.* It's beneficial for both body and mind to gradually slow down. When you stretch after a workout, you're giving yourself the chance to gradually wind down and help to reduce any stress your mind might be hanging on to.
- *Elimination of lactic acid.* Lactic acid is produced when you work out. This substance can make muscles achy and tired. Stretching can help reduce the amount of lactic acid throughout your body.

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

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 24th from 6:30 to 7:15 pm.**



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 **Friday, June 30th**, come to your favourite fitness class decked out in red & white or your special Canadian attire to help celebrate Canada's 156th birthday.

- 🌸 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 date:

Monday, May 22nd for Victoria Day

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

INSPIRED BY FITNESS

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maple BANANA BREAD



Ingredients:

- 1 cup whole wheat flour
- 1 cup large flake oats
- 1/2 cup wheat bran
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 3 ripe bananas, mashed well
- 1/2 cup plain 0% Greek yogurt
- 1/3 cup maple syrup
- 1/4 cup canola oil
- 1 egg

Directions:

1. In a large bowl, whisk together flour, oats, bran, cinnamon, baking powder and baking soda.
2. In another bowl, whisk together bananas, yogurt, maple syrup, oil and egg. Pour over flour mixture and stir to combine. Scrape into parchment paper lined and sprayed 8.5 x 4.5 inch (1.5L) loaf pan.
3. Bake in preheated 350F oven for about 40 minutes or until tester inserted in centre comes out clean. Let cool in pan for about 10 minutes before turning out and cooling completely to cut and serve.

Tip:

Wrap bread in plastic wrap once cooled and store at room temperature for about 3 days or overwrap in foil and freeze for up to 2 weeks.

Nutrition Information (1 serving = 1 slice):

Calories = 171 / Protein = 5g / Sodium = 115 mg / Potassium = 263 mg / Total Fat = 6g / Carbohydrates = 27g

Source:

Heart and Stroke Foundation