

INSPIRED BY FITNESS

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



May/June 2024 Newsletter

SPRING INTO FITNESS

Spring is the perfect time to recommit to your fitness goals and make healthy choices, especially if you had a sedentary Winter.

By setting realistic goals, starting slowly, trying new activities and staying hydrated, you can spring into fitness and make the most of this season.

Remember to listen to your body and take care of yourself, and you'll be well on your way to a healthier, happier you!



INSPIRED INSIDER

Mother's Day is on May 12th, so we thought we'd take the opportunity to say it's okay for moms to put themselves first and focus on exercise.

Moms aren't always good about doing things for themselves. As moms, we tend to push off making exercise a priority – we're too tired, it takes too much time, we don't want to spend the money on it, etc. But try to remember that taking care of your health and being fit benefits *all* areas of your life, including the ability to be the best mom possible.

Use this fact as your motivation – when Mom takes the time to have good health and fitness, the whole family benefits. Here are ways that Mom's fitness is good for everyone:

Increases happiness. Exercise elevates levels of serotonin which make you feel happier. Working out also releases those feel-good endorphins which make you feel better too. Happy moms are good moms.

Improves sleep. If there's one thing that moms consistently say they wish they could have more of, it's sleep. Exercise not only improves the duration of sleep, but the quality of sleep as well.

Manages stress and anxiety. Motherhood comes with varying amounts of stress, and it's never good to let this get the best of you. Working out not only reduces the hormones that signal stress, but raising your body temperature during exercise can help to calm your nerves too.

Boosts energy. Consistent exercise has a significant effect on your energy levels. The more you exercise, the more your body learns to create the energy you need.

Increases productivity and focus. Exercise can give you an increased ability to manage your time and get more accomplished when you exercised that day.

Whether they make you feel this way or not, you are one of the most important role models your children will ever have. They are watching you and are influenced by what they see you do. Be the role model you want your children to have and show them that exercise is an important daily habit. You'll most likely raise healthy children who later exercise as adults. What a great gift to give to them!

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

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 22nd from 6:45 to 7:45 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 SPIRIT DAYS

Join the fitness fun on **Friday, June 28th** and **Saturday, June 29th** for Canadian Spirit Days.

Come to your favourite class decked out in red and white or your special Canadian attire to help celebrate Canada's 157th birthday.


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

Monday, May 20th 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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TRADITIONAL TZATZIKI



Ingredients:

- 1.5 cups 100% goat's milk Greek yogurt
- 2 garlic cloves, minced
- 1 large cucumber, finely diced
- 2 tablespoons fresh dill, minced
- 1 tablespoon fresh tarragon, minced
- 1 lemon, juiced
- Salt and pepper to taste

Directions:

1. Chop herbs and cucumber very finely.
2. Add all ingredients to a bowl and mash together with a fork until desired consistency is reached.
3. Serve cold.
4. Store refrigerated and covered for up to 4 days.

Tip:

Can be served on gyros, falafels, salads and as a side with pita chips and veggies.

Source:

Shayna's Kitchen