

INSPIRED BY FITNESS

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



May/June 2025 Newsletter

QUICK FIT TIP

Ready to crush your outdoor workouts? Just make sure you're dressed right and prepared for the elements.

Dress in layers to adjust for temperature changes, starting with moisture-wicking base layers and a light jacket.

Don't forget to apply sunscreen even on cloudy days.

Also, be mindful of uneven surfaces from winter thaw to avoid injury.

Stay smart and stay safe while you work up a sweat in the great outdoors this spring!



INSPIRED INSIDER

Spring is the perfect time to refresh not only your fitness routine but also your nutrition habits. As the days get longer and the temperatures rise, your body requires different fuel to keep your energy levels high. Let's dive into some simple and effective spring fitness nutrition tips that will help you feel energized and ready to take on your workouts!

Hydrate: Aim to drink at least eight cups of water a day and increase this amount if you're exercising outdoors. For an extra boost, add some fresh lemon, cucumber or mint to your water for added hydration and a burst of flavor.

Fuel up with fresh, in-season produce: Stock up on spring produce like spinach, kale, asparagus, strawberries and peas. These are packed with antioxidants and fiber, which are great for supporting energy levels and digestion.

Balance your macros (carbs, protein, healthy fats): For a balanced meal, try combining whole grains (like quinoa or brown rice) with lean proteins (like chicken or tofu) and healthy fats (like avocado or olive oil). This combination will keep your energy steady and prevent crashes during your workout.

Don't skip breakfast: Choose a protein-packed breakfast with complex carbs to keep you full and energized. Options like overnight oats with chia seeds, Greek yogurt with fruit and nuts or scrambled eggs with spinach are excellent choices.

Incorporate superfoods for an extra boost: Add superfoods like chia seeds, flaxseeds, matcha or spirulina to your smoothies, yogurt bowls or salads. These little powerhouses are packed with nutrients and can help elevate your energy levels naturally.

Stay consistent with small meals: Prepare small meals or snacks with a mix of carbs, protein and healthy fats that are easy to grab on the go. Think a handful of mixed nuts, fruit with cottage cheese or a small serving of hummus with carrots and cucumber.

By incorporating these tips into your daily routine, you can naturally boost your energy levels and feel your best as you embrace the new season of outdoor workouts and activities.

Stock up on your supplements today!

Protein Powder, Amino Cuts, Grenade Bars always readily available

need some EXTRA MOTIVATION? JOIN THE JUMP INTO JUNE FITNESS CHALLENGE

Join us for a month of movement, motivation and community support with our exciting **Jump Into June Fitness Challenge!** Whether you're looking to build strength, improve endurance or simply stay consistent, this challenge will help you stay on track and energized throughout June.

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.

Don't miss this opportunity to elevate your fitness and make June your strongest month yet. Sign up today and let's crush it together! \$10 for Inspired members; \$20 for non-members.



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 \$180!



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!

FUEL YOUR FITNESS WITH EXPERT NUTRITION GUIDANCE

At Inspired by Fitness, we believe that great workouts start with smart nutrition. That's why we're pleased to offer personalized nutrition services designed to complement your training and help you reach your goals faster. Whether you're looking to lose weight, build muscle or simply feel more energized throughout the day, our certified nutrition experts are here to support you with customized meal plans, practical tips and one-on-one guidance.

Our approach goes beyond calories and macros – we focus on building sustainable habits that fit your lifestyle. With ongoing support and regular check-ins, you'll gain the tools and confidence to make better choices both in and out of the gym. Nutrition services start at just \$100 for your initial consultation and meal plan which includes two appointments. Stop guessing and start fueling your body for performance, recovery and long-term health. Ask us about how to get started with a nutrition consultation today!



CANADIAN SPIRIT DAY

Join the fitness fun on **Monday, June 30th** for Canadian Spirit Day.


Come to your favourite class decked out in red and white or your special Canadian attire to help celebrate Canada's 158th birthday.


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

Monday, May 19th for Victoria Day

Keep on track with your fitness routine by tuning into our free Inspired To-Go workouts on our [YouTube Channel](#).

INSPIRED BY FITNESS

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**INSPIRED
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BAKED PARMESAN TOMATOES



Ingredients:

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- 4 teaspoons extra virgin olive oil
- Freshly ground pepper, to taste

Directions:

1. Preheat oven to 450F.
2. Place tomatoes cut-side up on a baking sheet.
3. Top with Parmesan, oregano, salt and pepper. Drizzle with olive oil.
4. Bake until the tomatoes are tender (about 15 minutes).

Nutrition Facts (per serving):

Calories – 86 / Fat – 6g / Carbs – 6g / Protein – 3g

Tip:

A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless clean up and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

Source:

EatingWell