

INSPIRED BY FITNESS

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



November/December 2017 Newsletter

APP SPOTLIGHT

MyFitnessPal is one of the best apps you can use to help you lose weight. It tracks your weight and recommends a daily calorie intake. It also contains a well-designed food diary and an exercise log.

MyFitnessPal's nutrition database is huge, containing over five million foods. You can also create custom foods and dishes or download recipes from the Internet. Additionally, this app has a barcode scanner, so you can instantly enter the nutrition information of some packaged foods.

MyFitnessPal does offer a free version; however, some of the features can only be accessed in the premium version which is \$49.99 per year.



INSPIRED INSIDER

Christmas holidays are typically extremely busy and quite indulgent. Unfortunately, health and fitness is not generally found at the top of Santa's "Naughty or Nice" list, but it doesn't have to be this way! Simply plan, inform and execute. Plan in some exercise sessions and healthy meal plans; inform your friends and family about the changes you're making (or maintaining); then put your plan into action! While there will be struggles with limited time and tempting fare at this time of year, the festive season can be enjoyed and healthy! By exercising smartly and following a few sensible eating strategies, you can maintain your fitness, balance out your calories and arrive at the New Year in good shape!

We were so thrilled to hire two fitness professionals who joined the studio in September: Sydney Touzel and Alicia Horne. Sydney is a Personal Trainer and Fitness Instructor with certifications from Canfitpro and the International Sports Sciences Association (ISSA), and Alicia is a Fitness Instructor with certification from Canfitpro. We were delighted to see how well-received both Sydney and Alicia were to the studio, and we look forward to a lasting relationship with them both!

Did you happen to join Sherry's free online challenges on Facebook? During these challenges, Sherry provided an instructional online video every day to inspire people to get fit! If you missed out on these challenges or want to start the process again, all you have to do is like and follow Sherry's personal Facebook page at www.facebook.com/sherrykreskyfitness, go to the Videos tab at the side of the page and look up the challenge playlist of your choice (ie., the 31-Day Ab Challenge or the 14-Day Skinny Jeans Challenge). The 15-Day Little Black Dress Challenge will run in November (and even more will come in 2018), so you'll want to hit the "Like" button on her page so you can get fit when you're on the go and unable to make it into the studio!

*Product orders for this session go in on
Friday, November 10th & Friday, December 8th.*

INTRODUCING THE ADVANCED WEIGHT TRAINING WORKSHOP

This workshop is designed for the advanced fitness enthusiast and will help you improve your muscular strength and muscle endurance. This program,



Keep your fitness routine going throughout the holidays! Book your personal training session today!

Contact Us

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which requires maximum physical exertion, will actively challenge your strength, effort and coordination. No two classes are alike, and all are fun and extremely motivating. The result is an increase in fitness as well as improved metabolism, body composition and exercise technique. Due to the intensive nature of this session, we highly recommend previous fitness experience.

This six-week program, which begins on **Thursday, November 9th at 5:20 pm**, was such a hit even before it was advertised! So much so that we had fully registered the workshop by mid-September! We plan on making this a consistent offering, so you'll definitely see it again in the New Year.

GET FIT FOR THE HOLIDAYS

The Fit for the Holidays Fitness Challenge will keep you accountable and striving for more! It's a fun and excellent way to hold yourself accountable to achieving your goals, and you will have a chance to win half of the pool collected from registration entry fees! All Challenge participants must participate in at least one Inspired by Fitness class per week.

This six-week challenge begins on **Saturday, November 11th**.

IT'S BACK – THE BLACK FRIDAY SALE

Our Black Friday sale is back for one day only – **Friday, November 24th**. Save 15% off your next package of sessions for One-on-One Personal Training or Small Group Training, and/or 15% off your Gold or Silver Membership for the month of December. Spoil yourself, or give the gift of fitness to a loved one!

Hit that beat & sweat it out with a Spin Special!
Remembrance Day Spin Special – Saturday, November 11th
Jingle Spin Special – Saturday, December 16th
11:30 am to 12:15 pm

HOLIDAY RED & GREEN DAY

On **Friday, December 22nd**, enjoy the last day of classes for 2017 by coming to the studio dressed up in your favourite holiday attire! We have two holly-jolly classes that day for you to choose from: Circuit at 9:00 am and at 12:15 pm.

SHAKING UP THE MIDWAY FOR FITNESS FRIDAY AT THE STRATFORD FALL FAIR

Sherry and some of Team Inspired's Zumba fans got their groove on at Fitness Friday at the Stratford Fall Fair. Fitness Friday was a chance for us to get out in the community with other local businesses to motivate, inspire and encourage people to engage in healthy, active living. Aside from our Zumba demo, we were treated to demos of Urban Poling (One Care), Aerial Acrobatics (Cirquesmith), PoundFit (Natural Motion), Yoga (lululemon) and Body Circuit (World Gym). A big thanks to the Stratford & District Agricultural Society for putting on such an awesome event!



WE WENT, WE BOWLED, WE CONQUERED

We had such a riot at the Wellspring Stratford Bowl-a-thon! Wellspring Stratford is a welcoming and safe community which provides emotional, psychological, restorative and educational supportive care programs and services for people living with cancer. Team Inspired was thrilled to support such a great cause while putting our bowling “skills” to the test. Big shout-out to Ray Stock for leading the team in points!

Keep an eye on our [website](#) for upcoming community events. We love taking part in these events as we feel being involved and a part of something is crucial to the mind, body and soul. Not only can we share our love of health, wellness and fitness with others, but we can create a strong support group of those who share our common interests and values.

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

*Zumba Specials this session:
Saturday, November 11th
Saturday, December 16th
8:30 to 9:15 am*



CARROT CAKE BITES

Ingredients:

- 1 carrot
- 1-1/3 cup almonds, raw
- 1 cup Medjool dates, pitted
- 1/2 teaspoon cinnamon
- Pinch nutmeg (optional)
- Pinch sea salt

Directions:

Add the carrot to the food processor and chop roughly. Add the almonds and mix in food processor for a few seconds until combined. Add the pitted dates, cinnamon, nutmeg and sea salt and combine well. Remove the dough mixture and place in freezer for 15 minutes (optional). Roll into balls and keep in the fridge or freezer.

Modification:

Add a half-scoop of vanilla protein power if desired.

Nutritionist Note:

Medjool dates are an excellent food to satisfy a sweet tooth while getting the extra benefits of fibre and minerals.

Source: Nourish & Glow

