

INSPIRED BY FITNESS

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



November/December 2018 Newsletter

PERFECT ATTENDANCE AWARD

Inspire to do more with the Perfect Attendance Award! Getting this recognition is simple:

1. Sign up for the next session(s) of your favourite fitness class(es).
2. Attend all classes in the session.
3. Your name will be entered in to a draw at the end of the session and randomly chosen to win a little INSPIRED treat.
4. Get bragging rights while getting FIT & FABULOUS!

Congrats to our first two winners – April Haggart and Elaine Ritchie!



INSPIRED INSIDER

With the holiday season near, it's likely your schedule will be filled with family gatherings, travelling and festive outings will all sorts of tempting treats. For many, it is the most challenging time of the year to stick to health and fitness routines. To help keep you on track, we've put together some simple tips to stay fit and healthy during the season of indulgence.

- **Sign up for our Fit For The Holidays Six-Week Fitness Challenge.** This is a great opportunity for you to challenge your routine and prepare yourself for the holiday season.
- **Schedule your workouts in advance.** Not only will this help with scheduling, but you'll have a much-needed fitness break to look forward to.
- **Indulge for a night, not a season.** Just because you over-indulged the night before doesn't mean you can't get back on track at the very next meal. Start your new day with a yummy vegetable omelette or a protein shake. Think of every new meal as a brand-new opportunity to make healthy choices and nourish your body.
- **Keep moving.** With everything else going on, there doesn't seem to be too much time for exercise. If you're unable to make it to the studio, try to incorporate short bouts of physical activity into your day (ie., take the stairs, go for a walk at lunch, park farther away from the entrance).
- **Choose your beverages wisely.** Holiday drinks can tack on unneeded calories quickly if you're not careful. Say no to toppings on hot drinks (eg., caramel, whipped cream, sprinkles), and for mixed drinks and punch, substitute or add soda water to decrease your total sugar intake.
- **Adjust your mindset.** All foods fit in a healthy diet in moderation. Focus on foods that nourish your body more often and choose treats in moderation.

Remember, just like the rest of year, it's all about balance and moderation. Continue to choose foods that nourish your body, stay active and treat yourself from time-to-time. Happy Holidays!

Product orders for this session go in on Friday, November 9th & Friday, December 14th.

GET FIT FOR THE HOLIDAYS

One of the biggest challenges we face this time of year is eating healthy and staying fit. The **Fit For The Holidays Fitness Challenge** will help you stay accountable and at your healthiest through the holiday season. These fun contests are a great way to help you stay accountable as you travel through your fitness journey, and the winner will collect half the pool from registration fees. All participants must participate in at least one Inspired by Fitness class per week for the duration of the challenge (price in addition to challenge registration fee). Invite your friends and head into a healthy holiday season that's better together!

This six-week challenge begins on **Saturday, November 3rd**.



ANOTHER FULLY-BOOKED ADVANCED WEIGHT TRAINING WORKSHOP

Once again, our **Advanced Weight Training Workshop** booked up within a couple of days! Sherry will lead participants in a fun, challenging and motivating six-week workshop starting on **Thursday, November 8th** focusing on muscular strength and muscular endurance.

This workshop will run again in early 2019, so stay tuned for more details.



BLACK FRIDAY SALE RETURNS

Our **Black Friday Sale** returns for one day only – **Friday, November 23rd**. 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 2018. Spoil yourself or give the gift of fitness to a loved one!

GIVE THE GIFT OF HEALTH THIS HOLIDAY SEASON

Finding the perfect present for a loved one isn't always easy, so why not choose a gift that keeps on giving? An Inspired by Fitness **Gift Certificate** is more than just a stocking stuffer – it's a chance to work out together, to discover something new and maybe even to change a life by opening the door to health and wellness. Our wide range of offerings mean that whether you are buying for a spouse, parent, sibling, fitness enthusiast or total beginner, they are sure to find something they love. Plus, gift certificates can be used for our awesome merchandise, workshops and more!



STAY INSPIRED THROUGH SOCIAL MEDIA

At Inspired by Fitness, we're more than just a place to get sweaty. We want to give you the tools to live a happy and healthy life both inside and outside of the studio. That is why we are constantly adding empowering content ranging from fitness to nutrition to healthy living on our social media sites. Follow us on **Facebook**, **Instagram**, **Twitter**, **YouTube** and our **website blog** to transform your body and mind!

WE'RE UNDER CONSTRUCTION TO SERVE YOU BETTER


As we're sure you've noticed, we've been under construction for the past few weeks at the studio. The addition/renovation will boast a new area for personal/small group training clients, expanded space for fitness classes and a private office area for consultations. We can't wait to share this space with everyone and thank you all for your patience during this time.

*The following class is **cancelled** this session due to instructor holidays:*

*STRONG by Zumba:
Wednesday, November 21st*

INSPIRED BY FITNESS

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

 (519) 276-1066

 info@inspiredbyfitness.ca

 www.inspiredbyfitness.ca

The studio will be closed for Christmas Holidays starting on Monday, December 24th and will re-open on Wednesday, January 2nd.



CARROT TURMERIC GINGER BREAD



Ingredients:

- 2/3 cup honey
- 1/3 cup coconut oil, melted
- 2 tablespoons almond butter
- 2 eggs
- 1-1/4 cups blanched almond flour or rice flour (or mix)
- 1 teaspoon coconut flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 tablespoon turmeric
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger or 1 fresh grated ginger
- 2 cups small grated carrots
- 1/2 cup chopped walnuts (optional)

Directions:

1. Preheat oven to 350F.
2. Grease a 9x5-inch loaf pan with coconut oil.
3. Mix together the honey, melted coconut oil and almond butter in a large bowl. Add the eggs one at a time, incorporating the first egg completely before adding the second. In another bowl, whisk together almond flour, coconut flour, salt, baking soda, baking powder, turmeric, cinnamon, nutmeg and ginger. Add the flour mixture to the wet mixture and combine. Add carrots and walnuts and stir them in gently.
4. Pour into prepared pan and bake until cooked through, about 40-50 minutes. A knife or toothpick should come out clean when inserted into the centre of the bread.
5. Cool completely before slicing and serving.

Source:

Shayna's Kitchen