

INSPIRED BY FITNESS

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



November/December 2019 Newsletter

FIRST PLACE FOR OUR DRAGON BOAT Team

We're thrilled to announce that Team Inspired placed first place in their division and won the 100m dash at the Stratford Rotary Dragon Boat Festival held in September!

We are so proud of their hard work and dedication and the way they all represented Inspired by Fitness at this amazing community event.

We can't wait until next year!



INSPIRED INSIDER

Winter is coming, and with the approaching cold months, it can be hard to stay motivated about your health and fitness. The colder weather can lead to a hibernation mentality (meaning eat more and do less); however, it doesn't have to be that way! Exercise in winter can provide more benefit than any other time of the year because it specifically answers our body's needs.

Here are some reasons to keep exercising when the temperature drops:

1. **Beat the winter blues.** A daily workout releases the feel-good chemicals, serotonin and dopamine, which can help to reduce anxiety and depression while boosting self-esteem. A 45-minute workout a day could help change your whole outlook on winter!
2. **Stay healthy.** Regular exercise increases your immune system so it can fight off bacterial and viral infections. This is important in winter when colds and flus rear their ugly heads.
3. **Take a deep breath.** Get outside for some fresh air by going for a walk or run. Your lungs will get a chance to detox from the stale indoor air, and you can breathe deeply without concern of catching someone else's cold/flu bug.
4. **Get more energy.** You'll banish some of the apathy that winter can bring by moving regularly.
5. **Catch up on your favourite TV shows.** If you work out at home, park yourself in front of the TV and treat yourself to your favourite shows. If you are entertained, you tend to work out even longer, and you're multi-tasking to boot.
6. **Be fit and ready for spring.** Keeping yourself in shape during winter eliminates body angst when you're baring more of it in the warmer months.

*Product orders for this session go in on
Friday, November 8th & Friday, December 13th.*

STAY ON TRACK WITH YOUR FITNESS ROUTINE

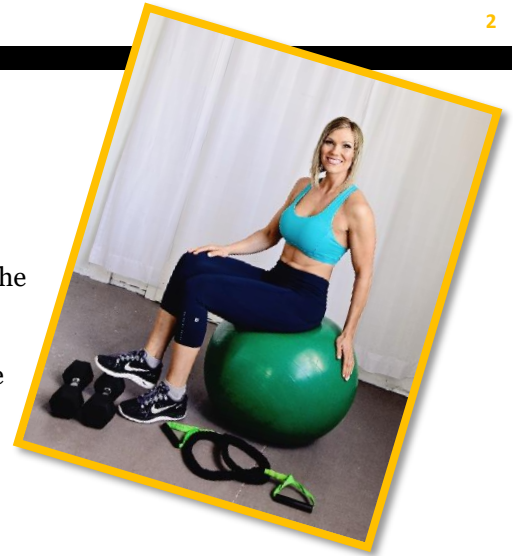
Our **Modified Holiday Fitness Schedule** will keep you moving, motivated and on track with your fitness routine. We are pleased to offer the following classes this session:

- STRONG by Zumba with Tish will be held on **Tuesday, December 24th (Christmas Eve) from 9:00 to 9:45 am.**
- Tabata with Julie W. will be held on **Tuesday, December 31st (New Year's Eve) from 10:00 to 10:45 am.**

JOIN SHERRY FOR ADVANCED WEIGHT TRAINING

For our advanced fitness enthusiasts, there are few things that provide more inspiration than increasing their major lifts by roughly 25%! Our **Advanced Weight Training** workshop will push you to move more weight and put in the work. This six-week workshop is divided into three phases which provide a different focus to keep the gains coming. Expect to work all of your major muscle groups in a controlled, safe and fun environment while developing the ability to listen to your body and measure its progress.

This workshop begins on **Friday, November 1st from 5:20 to 6:05 pm.**



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 2nd.**

BLACK FRIDAY SALE RETURNS

Our **Black Friday Sale** returns for one day only – **Friday, November 29th**. Save 10% off your next package of Training Sessions (Personal, Group, Online), and/or 25% off the Inspired FRIEND 20-class pass. 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!



THE WILSON FAMILY IS GROWING

Provided all goes according to plan, Sherry's last class before her maternity leave will be Boot Camp on Saturday, December 7th. She will then take a two-month maternity leave and will return to the studio on Monday, February 3rd.

Our amazing team of instructors have stepped up to the plate and will be graciously covering all of Sherry's classes, so you won't miss a beat with your fitness journey! Check out our **WellnessLiving** site to see who will be instructing your favourite fitness classes. And please join us in wishing Sherry and Paul all the best with the impending arrival of their bundle of joy!



CLASS CHANGE


Please note Zumba is cancelled on **Monday, December 30th** due to instructor holidays. We are pleased to substitute this class with **Body Sculpt from 6:15 to 7:00 pm** led by Joan. If you've never tried this class before, it's a great chance for you to tone, strengthen and lean out your muscles.

The following class is **cancelled** this session:

STRONG by Zumba:
Wednesday, November 20th

INSPIRED BY FITNESS

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

Wednesday, December 25th for Christmas Day
Thursday, December 26th for Boxing Day



DEEP GREEN CHOPPED SALAD



Ingredients for Salad:

- 3 cups chopped kale
- 2 cups chopped spinach
- Handful of chopped dill, basil and any other of your favourite herbs
- 1 cup toasted walnuts, roughly chopped

Ingredients for Dressing:

- 2 tablespoons shallots, minced
- 1 small garlic, minced
- 4 tablespoons olive oil
- 2 tablespoons toasted walnut oil
- 1 organic lemon, juiced
- A splash of your favourite vinegar
- 1 tablespoon Dijon mustard
- Large handful of sprouts

Directions:

1. Massage chopped kale with a few tablespoons of olive oil, roasted walnut oil and salt and pepper. Add a heap of Dijon mustard and massage into the kale.
2. Once mixed, add in a few cups of chopped spinach and stir to combine.
3. In a small bowl, mix the lemon juice, vinegar, shallot and garlic. Pour over top of the greens and stir to combine.
4. Add your favourite fresh herbs and toasted walnuts.
5. Top with sprouts.
6. Toss and serve.

Source:

Shayna's Kitchen