

INSPIRED BY FITNESS

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



November/December 2021 Newsletter

QUICK FIT TIP

Find your “why”!

Identify your deeper reason to get healthy other than the scale.

Do you want to be able to run with your children or grandchildren? How about being able to enjoy food without feeling guilty all the time?

Staying in touch with a deeper reason for health can motivate you to keep going when things get tough.

Everybody’s “why” will be different but knowing yours will supercharge your goals and help you smash through your comfort zones.



INSPIRED INSIDER

Bundled-up, chilly winter walks are a great way to take advantage of being outside. Why not ramp up your routine with bursts of fast-paced walking? This technique, known as “interval walking”, can positively impact your health in several ways. Interval walking is a form of interval training which includes short bursts of walking at a faster-than-normal pace, alternating with periods of normal-pace walking.

Here are three benefits to interval walking:

1. **You will see bigger results without spending more time on your workout.** If you previously walked 30 minutes a day at a steady pace, you don’t have to increase the duration of your workout to see a bigger payoff because you are just increasing the intensity.
2. **It’s better for your health.** Interval training is widely used to increase cardiovascular fitness, and therefore, health. Any activity that elevates your heart rate and requires increased physical effort helps to strengthen your heart.
3. **It will decrease your body fat.** During the bouts of higher intensity, you are burning more calories than during normal-pace walking. A higher caloric deficit means you will burn more fat and lose more pounds and inches in a shorter amount of time.

Getting started with interval walking is easy. All you have to do is add in some quicker, more intense bursts of speed to your usual walk. Follow along with this 22-minute beginner routine to get off on the right foot:

| What To Do | For How Long | Intensity Level |
|--------------------------|--------------|-----------------|
| Warm up | 5 minutes | 3.5 |
| Walk briskly | 1 minute | 6.5 |
| Walk at a moderate pace | 2 minutes | 5 |
| Walk as fast as possible | 1 minute | 7 |
| Walk slowly | 2 minutes | 4 |
| Walk briskly | 1 minute | 6.5 |
| Walk at a moderate pace | 2 minutes | 5 |
| Walk as fast as possible | 1 minute | 7 |
| Walk slowly | 2 minutes | 4 |
| Cool down | 5 minutes | 3.5 |

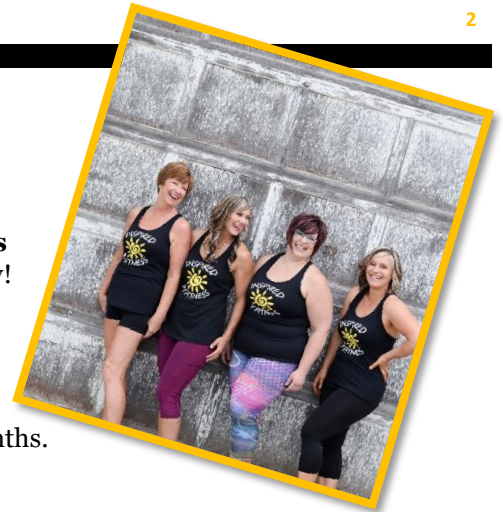
The intensity level is based on the Perceived Rate of Exertion (RPE), with Level 1 being Rest, 5 being Somewhat Hard and 10 being Maximum Exertion. An RPE between 5 to 7 is recommended for most adults.

Product orders for this session go in on Friday, November 12th & Friday, December 10th.

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 November; 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!

BLACK FRIDAY SAVINGS

Our **Black Friday Sale** returns for one day only – **Friday, November 26th**. We are thrilled to offer a 25% discount on our Inspired FRIEND 20-class pass and/or a 10% discount on our Training Sessions (Personal/Group/Online). This is our biggest sale for classes and training sessions – spoil yourself or give the gift of fitness to a loved one!

Visit our WellnessLiving site to purchase using these discount codes: BLACKFRIDAYFRIEND21 (Inspired FRIEND 20-class pass) and/or BLACKFRIDAYTRAIN21 (training sessions).



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!

Available on our WellnessLiving site or in-person at the studio.

INSPIRED APPAREL MAKES A GREAT CHRISTMAS GIFT

Where last Christmas we were bound to our living room for the occasional Inspired To-Go online workout, this year we're happy to be back in the swing of things with regular workout routines. There's no better time to facilitate someone's fitness momentum with a gift that feeds into their goals – making Christmas gifts with Inspired apparel an easy win.

We have a great variety of apparel for a workout or for running errands – everything from tanks to tees to hoodies to hats. Check out our [online store](#) and get your order in with the November product order to ensure delivery in time for Christmas!



HOLIDAY RED & GREEN DAY

Get into the Christmas spirit by coming to the studio on **Thursday, December 23rd** decked out in your favourite holiday attire.

Our holly-jolly schedule includes:

- Yoga at 9:10 am
- Low Impact Body Blast Circuit at 10:00 am
- Low Impact Body Blast Zumba at 10:50 am
- Spin at 12:15 pm
- Body Sculpt at 5:20 pm
- Bounce at 6:15 pm
- Weights at 7:10 pm


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

*Friday, December 24th for Christmas Eve
Saturday, December 25th for Christmas Day
Monday, December 27th for Christmas Day (observed)
Tuesday, December 28th for Boxing Day (observed)
Friday, December 31st for New Year's Eve*

The studio will also be closed on January 1st and 3rd

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ANTI-INFLAMMATORY SOUP



Ingredients:

- 1/2 cup cooked red lentils
- 1/2 sweet potato, peeled and cut into cubes
- 2 carrots, peeled and roughly chopped
- 1 parsnip, peeled and roughly chopped
- 1 onion, peeled and cut into quarters
- 3 garlic gloves, crushed
- 1 teaspoon fresh turmeric root and turmeric powder
- 1 teaspoon cumin powder
- Pinch of chili powder
- 1/4 teaspoon sea salt
- 1 cup vegetable broth, warm
- 1 cup chicken broth, warm
- 1/2-inch piece of ginger, peeled and grated
- 1 teaspoon coconut oil
- 1 teaspoon coconut milk (optional)
- Fresh parsley to garnish

Directions:

1. Preheat oven to 325F.
2. Line a baking sheet with baking paper and add the sweet potato, carrots, parsnip, onion and garlic. Season with salt, chili powder, turmeric and cumin. Add the coconut oil and toss to combine.
3. Roast for 20 minutes, then transfer into a blender.
4. Add the warm broth, grated ginger, grated turmeric and cooked red lentils into the blender and process to obtain a smooth cream. Add extra broth if too thick.
5. Serve warm and garnished with fresh parsley.

Source:

Shayna's Kitchen