

INSPIRED BY FITNESS

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



November/December 2022 Newsletter

QUICK FIT TIP

Prep for success!

The fast track to a better diet is found by using your weekends wisely.

Use the extra time you have available on Saturday and Sunday to meal prep, making large batches of healthy meals that you can portion up to cover at least a couple of mid-week lunches and dinners, avoiding the dietary perils of take-out and meal deals.

The main thing to focus on is creating nutritious and balanced meals. Once you establish that habit, your body will thank you.



INSPIRED INSIDER

The holidays are the season of good cheer, and many of us are eating out or indulging at home more than we might do at other times. The good news is that you can still eat, drink and be merry without overdoing it. To enjoy the festivities without a negative impact on your health (and waistline), we've rounded up a few tricks to have a healthy Christmas.

Make a plan. Even if you make a conscious choice to have a healthy Christmas, what happens when you're face-to-face with the party buffet? Plan to eat only a few items of your favourite foods. By focusing on your absolute favourite treats and eating them mindfully, you'll genuinely enjoy your choices, rather than eating a bit of everything and feeling guilty afterwards.

Eat breakfast. Start your day with a healthy breakfast. You'll stabilize your blood sugar levels which will stave off increased appetite later in the day. This way, you'll have hunger, but won't be so hungry that you'll want to overindulge.

Squeeze in some exercise. You can keep your weight down if you fit in a few workouts a week. Even a few fitness classes per week can help you burn calories and keep the pounds off for the New Year. If you can't make it to the studio for a class, a winter walk with the family is a refreshing way to speed up digestion after a big dinner.

Stay hydrated. There's plenty to guzzle during the festive season, but that doesn't mean you have to overdo it. Alcohol units and calories can really mount up over Christmas, so try to keep tabs on what you're drinking and sip plenty of water between alcoholic drinks. Before you head out to a party, have a couple glasses of water and alternate your alcoholic drinks with non-alcoholic drinks when you're there. Stick to lighter-coloured drinks, which tend to be lower in chemical by-products which will lessen the hangover in the morning.

Make it about festivities, not food. Enjoying parties and dinners with family and friends is a huge part of the festive season, but you don't have to overindulge to truly experience it. To eat more mindfully, engage your brain and keep your mind active. Round the family up for a game of Trivial Pursuit or Charades when you're feeling like you have the munchies. If that's not possible, take some time out and gather your thoughts with some simple meditation. Sit comfortably with a straight spine and tune into your breath as it flows in and out of your nose.

*Product orders for this session go in on
Friday, November 11th & Friday, December 9th.*

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 25th**. 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: BLACKFRIDAYFRIEND22 (Inspired FRIEND 20-class pass) and/or BLACKFRIDAYTRAIN22 (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

For fitness fanatics, gym wear is so much more than simply the thing they throw on for the hour they're in the gym or the 30 minutes they spend running. It's more a way of life; a go-to outfit for working from home, cozy nights in and lunch dates with friends.

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 Friday, **December 23rd** decked out in your favourite holiday attire.

Our holly-jolly schedule includes:

- Circuit at 6:00 am
- Circuit at 9:00 am
- Boot Camp at 12:15 pm


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

Saturday December 24th
Monday, December 26th
Tuesday, December 27th
Saturday, December 31st

Keep on track with your fitness routine by tuning into our free Inspired To-Go workouts on YouTube or Facebook Videos.

INSPIRED BY FITNESS

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VEGETARIAN SALAD



Ingredients:

- 1/2 cup cooked quinoa
- 1 small purple potato, cooked
- 1 large handful mixed greens
- 1/2 ripe avocado
- 1 egg, sunny side up
- 1/4 cup roasted pumpkin seeds

Dressing:

- 2 tablespoons olive oil
- 1 teaspoon mustard
- 1/2 lemon, juiced
- Salt and pepper to taste
- 1 teaspoon honey

Directions:

1. Add the mixed greens, cooked quinoa and dressing in a bowl. Mix well.
2. Add into a serving bowl. Add avocado and potato on top followed by the egg.
3. Top with pumpkin seeds and edible flowers for colour.

Source:

Shayna's Kitchen