

INSPIRED BY FITNESS

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



November/December 2023 Newsletter

POUND UNPLUGGED IS FINALLY HERE

Blending 20 minutes of high-intensity training with 10 minutes of rhythmic breathing, mindfulness and meditation, POUND Unplugged will make you sweat, release and boost neurochemicals before quickly settling back into a peaceful, recharged and empowered state. All within 30 minutes!

Join Whitney on Wednesdays from 6:00 to 6:30 pm to rock and reset! Quick and challenging, this workout will guide you through a deeply intentional journey.



**POUND
unplugged**

a 30-minute
workout designed to
unwind your mind

INSPIRED INSIDER

Christmas is a time of celebration, and often excess, frequently resulting in firm New Year's resolutions to get fit and lose weight, so it's not surprising that many people struggle to maintain a healthy focus in December. Following the tips below will ensure that once the festive season draws to a close, you don't have a mountain to climb to get back in shape.

Maintenance exercise routines. One of the hardest things to do when you're short on time is to maintain your exercise routine. If you usually exercise a few times a week, the extra demands on your time means something has to give. However, reduced exercise doesn't mean that your fitness level has to plummet. A couple weeks of maintenance training during the hectic holiday season can result in minimal or even no fitness losses.

Commit to stay fit. Simply plan, inform and execute. Plan for shorter and/or less frequent workouts. Explain to your family and friends the changes you're making but also the importance of keeping your fitness going and then put your plan into action.

A little exercise is better than nothing. Accept that your workouts will be shorter but also realize they can still provide training benefits.

Quality over quantity. Focus on every workout being high quality training. The key to success with this strategy is to make sure you don't let up on the quality of each workout, even if they are shorter. That way you are keeping your fitness level at the point you worked hard to achieve.

Calorie saving ideas. Christmas is always a challenge to keep your calorie intake at normal levels but with a little planning, you can still enjoy all the festivities and keep your calories in check. For instance, standard portions of stuffing, combined with trimmings such as bacon, sausage and gravy total over 500 calories. Just sticking to stuffing and using the roasting juices as gravy can slash those calories in half.

Most people will struggle with limited time and tempting fare at this time of year but with a little planning, the festive season can be enjoyed and healthy. By training 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.

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

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 24th**. 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: BLACKFRIDAYFRIEND23 (Inspired FRIEND 20-class pass) and/or BLACKFRIDAYTRAIN23 (training sessions).



INSPIRE A HEALTHY LIFESTYLE WITH THE GIFT OF FITNESS

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.

FEEL YOUR BEST FOR THE HOLIDAYS – BOOK A FASCIAL STRETCH THERAPY SESSION WITH SARAH

The year flies by and before you know it, it's autumn heading into winter. As we rake leaves, put away outdoor furniture and start our holiday shopping, we might be left with sore and overworked muscles. One of the greatest benefits of FST is that the results are almost instantaneous! After a single session, you'll notice an improvement in increased range of motion and reduction in pain or discomfort. So, before you find yourself with sore and overworked muscles, consider booking an FST session with Sarah to help alleviate the built-up tension so you can prevent any possible pain or discomfort this holiday season.



HOLIDAY RED & GREEN DAY

Get into the Christmas spirit by coming to the studio on Friday, **December 22nd** 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 23rd
Monday, December 25th
Tuesday, December 26th

INSPIRED BY FITNESS

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

 (519) 276-1066

 info@inspiredbyfitness.ca

 www.inspiredbyfitness.ca

The following class will be cancelled:

LIBB Zumba – Wednesday, December 6th



HEALTHY SANTA SNACK BOARD



Ingredients:

- Hummus / Black Olives / Cherry Tomatoes / Red Bell Peppers / Mini Mozzarella Balls / Cauliflower / Club Crackers / Broccoli

Directions:

- To make Santa, spread your favourite hummus onto the centre of a lipped board. Press two large black olives for his eyes, a cherry tomato for his nose and half of the top of a red bell pepper for his smile.
- To make his hat, layer red bell peppers toward the top corner of the board, then add mini mozzarella balls to the top as the ball of his hat. Line the bottom of the hat with mini mozzarella balls as well which will be the top of the hummus covered plate.
- Arrange cauliflower for Santa's beard, mustache and eyebrows. Place the remaining black olives (except for one) at the bottom of the platter around the cauliflower beard to look like Santa's belt. Stack three club crackers topped with a black olive cut in half for his belt buckle.
- Finish by filling the board with cherry tomatoes, broccoli and club crackers.

Source:

The Bakermama