

INSPIRED BY FITNESS

Inspire to do more, to be more, to achieve more!



September/October 2017 Newsletter

NEW WORKOUT PARTNER COMING SOON!

Santa won't be the only one coming to town this Christmas!

With great joy and anticipation, we are thrilled to announce that Sherry and Paul are expecting a baby in December! Torri & Troy are so excited to meet their baby sibling!

We can't wait to welcome this sweet little one to Team Inspired!



INSPIRED INSIDER

The kids are back to school, summer break is over, and it's back to the grind! It can be stressful and sometimes boring to get back into the swing of things after a great summer holiday, but getting back into the grind can be a good thing. The grind is a place where we get to practice – like getting back into regular exercise, meal planning and mindfulness. When we're back into the grind we can really settle in, practice, think about what works well and master those techniques. It's all about loving the journey and the process. With that being said, we hope you are excited for the September/October session, so you can keep yourself inspired and motivated!

Summer Outdoor Boot Camp was a great success! We had 25+ participants for this eight-week session, and we all had such a fun time enjoying the great outdoors while working up a sweat. Same time, same place next year!

Did you know 80% of your results come from diet and proper nutrition? Everyone wants to look and feel fabulous, so why is nutrition one of the most overlooked and under-utilized tools? To achieve your fitness goal, you need to fuel your body properly, you need to eat the right foods, the right amounts, at the right times. Let our Certified Precision Nutritionist, Paul Wilson, guide you to success and help you achieve the results you've always wanted. Precision Nutrition is the home of the world's top nutrition coaches, and aligning your diet with your exercise regime at the studio is the best recipe for success!

Product orders for this session go in on Friday, September 8th & Friday, October 13th.

BEGINNER BOOT CAMP IS BACK

Are you new to exercise? Do you need a fitness reboot? If yes, kickstart your body back into fitness with Beginner Boot Camp! Work with our Fitness Professional and Personal Trainer, Sherry Kresky, and start your fitness journey in a welcoming and comfortable setting. This workshop is designed for the new exerciser and will help guide you on your way to becoming a healthier, happier you! You will learn proper exercise technique, build confidence, exercise in a supportive atmosphere, receive a home workout, learn lifestyle tips to help you succeed and feel fantastic and fabulous!

This six-week program begins on **Thursday, September 21st at 5:20 pm.**



See the results, feel the difference! Book your personal training session today!

Contact Us

Inspired by Fitness

(519) 276-1066

info@inspiredbyfitness.ca

www.inspiredbyfitness.ca

GET READY TO GO FROM COUCH TO CONFIDENT

Become your confident, sexy self with our highly successful Couch To Confident: 12-Week Total Body Transformation & Accountability Program! This program will transform your body and the way you see fitness and nutrition forever. This is not a short-term fad diet – this is a lifestyle change that will educate you on how to exercise smarter and fuel your body to burn fat and build the body you've always wanted!

In addition to receiving personal guidance from our Fitness Professional and Personal Trainer, Sherry Kresky, this program includes:

- Two Health & Wellness Assessments
- Three customized Nutrition Plans
- Twelve Fitness Classes (one class of your choice per week)
- Twelve Group Training Sessions with your program teammates
- Specialized Home & Gym Workouts
- Weekly content (ie., recipes, exercise tutorials, motivational videos, etc.)
- Exclusive access to a Private Facebook Support Group
- Optional professional Photo Shoot after the final weigh-in day
- Fun Group Accountability & Motivation
- ALL THIS AND AN AMAZING NEW LOOK!!!

This is a value of \$1,050.00, but we are delighted to offer this whole program for \$299.00 + HST for members, \$499.00 + HST for non-members and \$150.00 + HST for online participants.

And if you need more inspiration, just check out the photo to the right. Elaine lost 9.6 pounds and 24.5 inches during the 12-week Spring program! She is just one of the many participants who fully committed into becoming their confident, sexy self and achieved great success!

This 12-week program begins on **Wednesday, September 27th until Wednesday, December 13th**.

As always, more details can be found by visiting our [website](#).



FITNESS FRIDAY AT THE STRATFORD FALL FAIR

The midway isn't the only thing to get your heart racing at the Stratford Fall Fair this year! Join the Fitness Friday party on **Friday, September 22nd at 6:00 pm** at the Stratford Agriplex Education Centre (353 McCarthy Road) where we will be leading a Zumba mini-set. This fun event will also include demos for Boot Camp, Bounce and more!

Ditch the workout – join the party! Our Monthly Saturday Zumba Specials are back! Bust a move on Saturday, October 28th at 8:30 am.

GET IN THE “SPIRIT” FOR HALLOWEEN

On **Tuesday, October 31st**, come to the studio dressed up in Orange & Black or your “boo-ty-ful” Halloween costume! We have four spooktacular classes running that day: Spin at 9:00 am and 12:15 pm, Yoga at 6:15 pm and Boot Camp at 7:10 pm.

PUT YOUR RUNNING SKILLS TO THE TEST AT THESE GREAT COMMUNITY EVENTS

Are you looking for some great local running events to put your skills to the test? If so, we would like to encourage you to join the [2nd Annual Neon Night Fun 5K Run/Walk](#) or the [Festival City 10K Run](#). All proceeds from these events will be kept in the Stratford community, so they're a great way for you to give back while enjoying fitness!

INTRODUCING THE INSPIRED SIGNATURE TANK

Show off your Inspired pride with our Signature Tank! This collection comes in all sizes (XS, S, M, L, XL, 2XL) and is a great way for you to show off your love for #teaminspired. More details can be found by visiting our [website](#).

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

*The studio will be closed on
Monday, September 4th for Labour
Day and Monday, October 9th for
Thanksgiving.*

*Spin Specials this session:
Fallin' for Spin – September 16th
Spooktacular Spin – October 28th
11:30 am to 12:15 pm*



RED LENTIL SOUP

Ingredients:

- 1 cup red lentils
- 1 white onion, chopped
- 2 carrots, chopped
- 1 tablespoon tomato paste
- 1 teaspoon red pepper paste
- 1L cups vegetable or chicken broth
- Sea salt and pepper to taste
- Plain organic yogurt

Directions:

Chop the onion and carrots, then place all of the remaining ingredients in a pot on medium heat. Cook covered for 20 minutes and when the lentils and carrots become soft, use a hand blender to blend the soup. Top with organic yogurt, sea salt and pepper.

Modification:

Red lentils can be substituted for green or brown lentils.

Nutritionist Note:

Lentils are a fantastic source of fibre and carbohydrates.

Source: Nourish & Glow

