

INSPIRED BY FITNESS

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



September/October 2022 Newsletter

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INSPIRED INSIDER

Whether your workout involves fitness classes, running or walking, decent athletic shoes can make or break your workout. Investing in quality shoes can help you to prevent foot and ankle damage and make your workout a more pleasant and comfortable experience.

There's one sure way to tell if you're wearing the right shoes – they should be comfortable. Shoes that don't feel naturally comfortable on your feet may be the wrong size or you might have the wrong design for your needs. Even a short duration of wearing the wrong type of shoes can cause pain and stress to your tissues, bones and joints. Comfortable, well-fitting shoes should cushion the foot with a good midsole, and they should also aid in the alignment of your foot when it touches the ground. This will ensure that your feet are snug while you're going through your exercise routine.

Here are a few tips to find the right pair of shoes:

1. **Try on shoes at the end of the day.** Your feet can expand by as much as one size throughout the day. Make sure you are shopping near the end of the day or after your workout.
2. **Wear your gym socks when buying your shoes.** Also make sure to lace the shoes all the way up, like you're going to the gym.
3. **Try on both shoes.** All feet are not created equal. Make sure both shoes fit well and take a quick walk or jog throughout the store.

Proper athletic footwear ensures you can move without having to worry about feeling pain and discomfort in your feet. So, pay attention to the kind of athletic shoes you buy for yourself.

Product orders for this session go in on Friday, September 9th & Friday, October 14th.

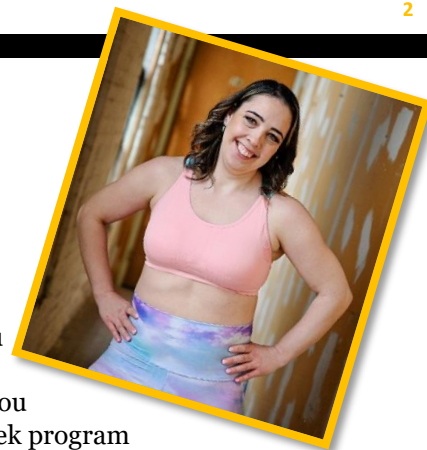
POUND IS HERE TO STAY

Since you loved our pop-up workshop so much, we are thrilled to announce that **POUND** is here to stay! Join our new instructor, Michelle Rawlings, and get ready to sweat, sculpt and rock in this full-body cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

This weekly class offering will begin on **Wednesday, September 7th from 6:00 to 6:45 pm.** Sign up now on WellnessLiving – space is limited to eight participants per class.

CRUSH YOUR GOALS WITH THE COUCH TO CONFIDENT 12-WEEK TOTAL BODY TRANSFORMATION PROGRAM

Expect exceptional results, whether you are just starting to work toward your goals or trying to get unstuck from a plateau, with the **Couch To Confident: 12-Week Total Body Transformation & Accountability Program**. This 12-week results-focused program will give you increased energy to accomplish more than you ever thought was possible, nutritional guidance to rev up your metabolism, sculpted muscles you never knew you had, guidance and support to finally achieve the body you deserve and accountability to keep you on track so you reach your goals. This 12-week program will begin on **Monday, September 19th**. You can join as an in-studio or online participant.



ARE YOU NEW TO INSPIRED BY FITNESS? JOIN TODAY AND ENJOY SOME SAVINGS

If you want to join a supportive and welcoming fitness community, with people of all fitness levels who want to see you succeed, take advantage of our **New Member Promotion** running for the month of September. If you sign-up for a one-year Inspired ADDICT membership, you will receive two months free! An Inspired ADDICT one-year membership provides you with a wide variety of unlimited fitness classes offered at many convenient times. Plus, our ADDICT members receive a 20% discount on select workshops and programs. Please note individuals eligible for this promotion can not have been a previous member or FRIEND pass holder of Inspired by Fitness in the last six months. For complete terms and conditions, visit our [website](#) for further details.

GET BACK INTO a FITNESS GROOVE WITH OUR ONLINE MOMMY & me FITNESS CLASSES VIA ZOOM

We are committed to still bringing you our amazing Mommy & Me classes in a safe, fun and healthy way. Moms can now work out in the comfort of their own home with baby participating, watching or in their carrier during nap time at our **Mommy & Me Online Fitness Classes via Zoom!** These classes will lay the foundation to be your strongest and healthiest self. You'll feel happier, which will make everything about being a new mom easier! You can expect a great workout consisting of cardio, muscular endurance, postnatal-specific core work and flexibility. Led by Personal Training Specialist, Sarah Seddon (also a mother of three), this workshop is a fantastic opportunity to enjoy the same feeling of community through fitness right in your own home. This eight-week workshop will begin on **Wednesday, October 5th from 11:00 to 11:40 am**.

CHALLENGE & SCULPT YOUR CORE WITH THE PLANKTACULAR CHALLENGE

The **Planktacular 5-Day Challenge** will help you strengthen your core and build endurance. Planks are a supercharged way to tighten your core, slim your abs and shape your waistline. Plus, a plank will tone your back, glutes, hamstrings, arms and shoulders at the same time. Work out alongside our Personal Trainer & Fitness Professional, Sherry Kresky-Wilson, to learn a new twist on the classic plank daily. Each day you will get a plank workout move that builds upon the next, leading to the ultimate flow at the end of the week. This FREE 5-day online challenge will be held from **Monday, October 17th to Friday, October 21st**. Join on [Facebook](#) or [Instagram](#).

PUMP IT UP AT 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 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 nine-week workshop, led by Sherry Kresky-Wilson, begins on **Friday, October 21st from 5:15 to 6:15 pm**.



HALLOWEEN COSTUME/ ORANGE & BLACK DAY

On **Monday, October 31st**, come to the studio dressed up in Orange & Black or your BOOtiful Halloween costume!


These spooktacular classes will get your muscles screaming: Boot Camp at 9:00 am, Low Impact Body Blast (Circuit) at 10:00 am, Weights at 12:15 pm, Boot Camp at 5:15 pm, Zumba at 6:00 pm, Butt & Gut at 7:00 pm.

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

Monday, September 5th for Labour Day
Monday, October 10th for Thanksgiving

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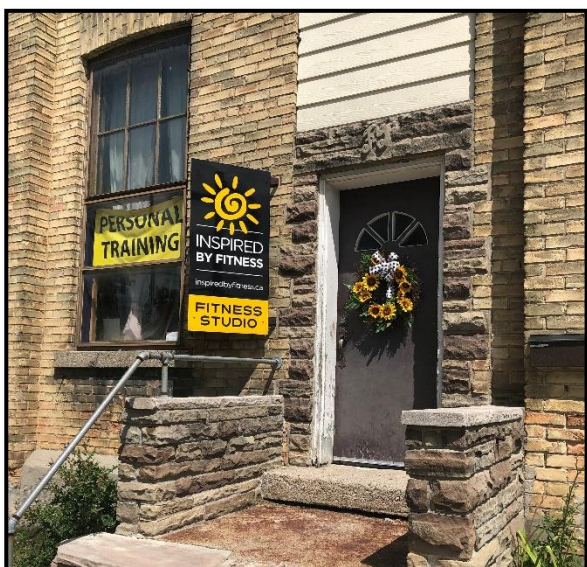
 (519) 276-1066

 info@inspiredbyfitness.ca

 www.inspiredbyfitness.ca

The following class will be cancelled:

Low Impact Body Blast (Zumba Light)
September 1st



DEVILED EGGS



Ingredients:

- 6 eggs, hard boiled
- 1/4 cup mayonnaise
- 1 teaspoon Dijon mustard
- 1 tablespoon pickle relish
- 1/4 teaspoon horseradish, freshly grated
- 1/8 teaspoon cayenne pepper (optional)
- Salt and pepper
- Chives, for garnish

Directions:

1. Cut hard boiled eggs in half, lengthwise and separate yolks from whites.
2. Place yolks in medium-sized bowl and mash until consistency becomes uniform.
3. Add mustard, mayonnaise, relish, horseradish, salt and pepper and mix until combined.
4. Fill each egg white half with the deviled yolk mixture using a spoon or pastry bag.
5. Cut small pieces of chives for garnish.

Source:

Shayna's Kitchen