

# INSPIRED BY FITNESS

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



September/October 2023 Newsletter

## PRACTICE GRATITUDE

Be grateful for where you are right now and have a clear picture of where you'd like to be. From there, take on a simple plan that aligns with your goals and tackle it one step at a time. And remember to enjoy the process!

Your body is an absolutely amazing thing. Take a few moments, every day, to appreciate that. Getting too caught up on where you want to be can rob you of your joy today.

Simple gratitude can help you create the strongest body of your life.



## INSPIRED INSIDER

Our bodies may love the lazy days of summer, but they crave and need routine even more. As we head into the Fall season, we have the incredible opportunity to ensure we commit time to our health.

While going outside for a hike or bike ride is great, being part of a fitness community provides huge benefits – from accountability and expertise to motivation and being part of a fitness family.

Here are some tips to help you set up for a fit Fall successfully...

**Add fitness to your calendar.** We live by our calendars and exercise should be blocked into your busy week. Consistency matters – and this means putting your workout clothes out the night before, putting your gym bag in the car and walking through the gym door. What's the best time of day to work out? Ultimately, it's the best time of day for you given your schedule.

**Get support.** Exercise is therapeutic. It can help manage chronic illness, reduce stress levels and boost your overall mental health. But exercise can be intimidating and walking into a gym even more so. This is where accountability and support are essential. The friendly faces of your fitness family will provide endless support, and you will find yourself craving that at every visit.

**Find your "why".** These are both intrinsic and extrinsic motivators for exercise, and you can call on both to get motivated to work out. Your workout routine can improve emotional, mental and physical health.

**Surround yourself with good people.** You will not find a more positive and inspiring group of people than those in your fitness community. Finding a community is about accountability and celebrating happiness. When you find your people, you don't only show up for yourself, you show up for them too.

**Don't overdo it.** Whether you are starting out for the first time or starting again, think about two fitness classes per week and then build from there. You do not have to exercise for hours – often a shorter workout will do the trick. If you already have a fitness level but haven't been to the gym in a while, think about working with a Personal Trainer to coach you on how much, how soon and how intense your workout should be.

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*Product orders for this session go in on  
Friday, September 8<sup>th</sup> & Friday, October 13<sup>th</sup>.*

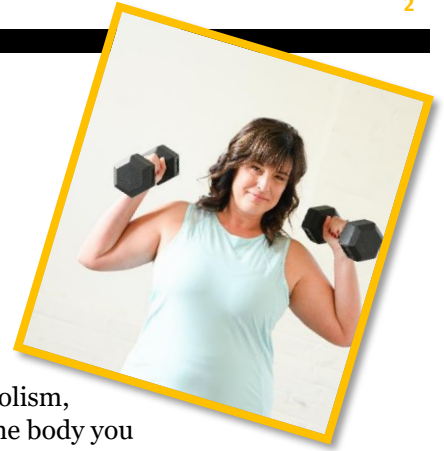
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## **CRUSH YOUR GOALS WITH THE COUCH TO CONFIDENT 12-WEEK TOTAL BODY TRANSFORMATION PROGRAM**

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 18<sup>th</sup>**. 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.



## **STAND TALLER, TONE UP YOUR MUSCLES AND BLAST FAT WITH THE BRINGING SEXY BACK 5-DAY ONLINE CHALLENGE**

The **Bringing Sexy Back 5-Day Online Challenge** will help you achieve those strong, sexy lines in your back by targeting the right group of body muscles. A strong back is the foundation of your fitness and health regimen. Our back muscles are involved in just about every move we make, so it's important they're strong enough to handle all of that work.

Work out alongside our Personal Trainer & Fitness Professional, Sherry Kresky, with a daily muscle-focused back workout targeting both the upper and lower back. Add strength that will carry over to other exercises and improve your posture.

This FREE 5-day online challenge will be held from **Monday, October 16<sup>th</sup> to Friday, October 20<sup>th</sup>**. 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, begins on **Friday, October 20<sup>th</sup> from 5:15 to 6:15 pm**.

## HALLOWEEN COSTUME/ ORANGE & BLACK DAY

On **Tuesday, October 31<sup>st</sup>**, 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 6:00 am, Butt & Gut at 9:00 am, Spin at 12:15 am, TripleFIT at 5:15 pm, Yoga at 6:00 pm, Circuit at 7:00 pm.

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

*Monday, September 4<sup>th</sup> for Labour Day  
Monday, October 9<sup>th</sup> for Thanksgiving*

## INSPIRED BY FITNESS

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*The following class will be cancelled:*

**Spin** – Thursday, September 21<sup>st</sup>

## ROASTED HONEYNUT SQUASH



### Ingredients:

- 2 medium honey nut squash, halved lengthwise and seeded
- 4 teaspoons butter
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 teaspoon ground cinnamon
- 4 teaspoons pure maple syrup (optional)

### Directions:

1. Preheat oven to 425F.
2. Arrange squash halves, cut-side up, on a baking sheet.
3. Place one teaspoon of butter in each cavity.
4. Sprinkle with salt, pepper and cinnamon.
5. Roast until tender, 25 to 30 minutes.
6. Drizzle with maple syrup, if desired.

### Nutrition Facts (per serving):

Prep Time – 10 minutes / Additional Time – 30 minutes  
Servings – 4 / Yield – 4 servings  
114 calories / 4g fat / 21g carbohydrates / 2g protein

### Nutritionist Note:

Feel free to experiment with any flavour profiles that excite you. We just recommend about one teaspoon of butter or oil and a sprinkling of seasoning (about 1/4 teaspoon) per squash half.

### Source:

Eating Well

