

# INSPIRED BY FITNESS

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



September/October 2024 Newsletter

## QUICK FIT TIP

Turn Halloween trick-or-treating into an active event!

Instead of driving between houses, consider walking or even biking while escorting your little goblins around the neighbourhood. This way, you'll enjoy the festive spirit of Halloween while also getting some exercise.

It's a great way to burn off some extra calories from those tempting treats while staying active and having fun together!

Here's a fun 5-minute workout you can do if you want to feel extra spooktacular:

STEP-UPS

PUSHUPS

OVERHEAD PRESS

OBLIQUE CRUNCHES

KETTLEBELL SWINGS

YAY! BURPEES



SET A TIMER FOR 5 MINUTES. COMPLETE 12 REPS OF EACH EXERCISE BEFORE MOVING ON TO THE NEXT. REPEAT 4X.

## INSPIRED INSIDER

Having a healthy Thanksgiving starts with mindful choices around food and lifestyle. It's about balancing indulgence with moderation and making choices that nourish both your body and spirit. Here are some tips to keep it balanced and enjoyable:

1. **Balance your plate.** Fill half your plate with vegetables and fruits. Opt for roasted vegetables, salads and fruit salads to add colour and nutrition.
2. **Watch portion sizes.** Enjoy all the traditional foods but be mindful of portion sizes. Use a smaller plate to help control portions.
3. **Choose lean protein.** Turkey is a great choice as it's lean protein. Remove the skin to reduce saturated fat content.
4. **Limit creamy dishes.** Dishes like creamy mashed potatoes and casseroles can be high in calories and fat. Enjoy them in moderation.
5. **Modify recipes.** Use healthier substitutions where possible, such as using low-fat dairy or less sugar in recipes.
6. **Stay hydrated.** Drink water throughout the day to stay hydrated and to help control your appetite.
7. **Be mindful of alcohol.** If you drink alcohol, do so in moderation. Alcohol can add empty calories and lower inhibitions, leading to overeating.
8. **Include physical activity.** Take a walk after the meal or engage in some active family time to burn off some calories and aid digestion.
9. **Practice mindful eating.** Slow down and savour each bite. Pay attention to your body's hunger and fullness signals.
10. **Enjoy the company.** Thanksgiving is about more than just food. Focus on spending quality time with loved ones and creating meaningful memories.

Ultimately, Thanksgiving is about gratitude and connection, so enjoy the company of your loved ones while making thoughtful choices to support your health and well-being.

*Product orders for this session go in on  
Friday, September 13<sup>th</sup> & Friday, October 11<sup>th</sup>.*

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

Embark on a transformative journey to a healthier, stronger you by joining our **Couch To Confident: 12-Week Total Body Transformation & Accountability Program**. Guided by our experienced fitness professionals who are committed to your success, you'll receive personalized workout videos, nutrition guidance and support every step of the way.

Take the first step towards a fitter, happier you today. Don't miss out on this opportunity to transform your life – sign up and discover the incredible possibilities that await you on your fitness journey.

This 12-week program will begin on **Monday, September 23<sup>rd</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 one month 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 YOUR BACKSIDE LOOKING PRETTY PEACHY WITH THE SQUAT IT LIKE IT'S HOT ONLINE CHALLENGE**

The **Squat It Like It's Hot 5-Day Online Challenge** will enhance your muscle endurance, strength and power while boosting your calorie burn. Part of the squat's magic is its versatility. By changing one aspect of the movement, you can create unlimited results. Squats are an all-in-one blast for your lower body which will help you to build muscle in one epic move.

Work out alongside our Personal Trainer & Fitness Professional, Sherry Kresky, with squat variations to target your glutes, hamstrings and calves to help you sculpt a firm butt, strong back and shapely legs.

This FREE 5-day online challenge will be held from **Monday, October 14<sup>th</sup> to Friday, October 18<sup>th</sup>**. Join on [Facebook](#) or [Instagram](#).



## **PUMP IT UP AT ADVANCED WEIGHT TRAINING**

Elevate your strength training prowess with the **Advanced Weight Training** workshop which is designed for those ready to push their limits and achieve exceptional results. You will delve into advanced techniques and targeted exercises designed to maximize strength gains. Our expert instructor will provide personalized guidance to refine your form and technique, ensuring safe and effective progression. Embrace the challenge and elevate your fitness journey.

This nine-week workshop, led by Sherry Kresky, begins on **Friday, October 18<sup>th</sup> from 5:15 to 6:15 pm**.

## HALLOWEEN SPIRIT DAY


On **Thursday, 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: Weights at 6:00 am, Yoga at 9:15 am, LIBB Circuit at 10:00 am, LIBB Zumba at 10:45 am, Spin at 12:15 pm, Butt & Gut at 5:15 pm and Weights at 7:00 pm.

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

Monday, September 2<sup>nd</sup> for Labour Day  
Monday, October 14<sup>th</sup> for Thanksgiving

## INSPIRED BY FITNESS

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## CARAMELIZED SPICED PEARS



### Ingredients:

- 3 ripe, but firm, pears (about 1-1/2 pounds) cut into 1/4-inch slices
- 1 tablespoon lemon juice
- 2 tablespoons unsalted butter
- 3 tablespoons granulated or light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- Pinch of salt

### Directions:

1. Toss pears with lemon juice in medium bowl. Melt butter in a large deep skillet or Dutch oven over medium heat. Stir in the pears. Reduce heat to medium-low, cover and cook, stirring once halfway through, for 10 minutes.
2. Meanwhile combine sugar, cinnamon, ginger, cloves and salt in a small bowl. After 10 minutes, stir the sugar mixture into the pears. Increase the heat to medium and cook, stirring often, until the pears are tender and glazed, 4 to 6 minutes, depending on the type and firmness of the pears. Serve warm.

### Nutrition Facts (per serving):

Calories – 111 / Fat – 4g / Carbs – 20g / Protein – 0g

### Nutritionist Note:

Serve these caramelized pear slices over ice cream, stir into plain yogurt or enjoy as a topping for pancakes or waffles. Brown-skinned Bosc pears hold their shape during cooking, but any variety of pears tastes delicious.

### Source:

Eating Well