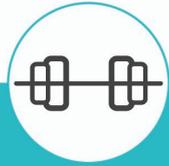


# Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2019

Newsletter  
4th April 2020

## NEW WORKOUT

Mon/Tue/Thu/Fri  
resistance classes GONE!  
Wed cardio GONE too!  
Introducing the all new

### COMBO XPRESS

Resistance for strengthening  
muscles and bones plus cardio  
for heart and lung health  
combined in one 30min workout!

We trialed it last week and  
it was a winner so now it's  
a permanent part of the  
live-streamed timetable

#### New class added 9am Friday

Congratulations Lesa who has  
a prize heading her way for  
coming up with the new name.

#### Jump online to check it out!

## Live-Streamed Class Timetable

MON	TUE	WED	THU	FRI
6.00am COMBO XPRESS	6.00am YOGAFIT		6.00am MEN'S GROUP PT	6.00am COMBO XPRESS
7.00am COMBO XPRESS		WELLNESS		7.00am COMBO XPRESS
8.00am LOW IMPACT		WEDNESDAY		8.00am LOW IMPACT
9.00am COMBO XPRESS			9.00am YOGAFIT	9.00am COMBO XPRESS
		3.15pm GENTLE YOGAFIT		
	4.30pm COMBO XPRESS	4.30pm YOGAFIT	4.30pm COMBO XPRESS	
		5.45pm YOGAFIT		

## RECIPE of the WEEK

### HONEY GARLIC SALMON QUINOA BOWLS

#### INGREDIENTS

##### QUINOA BOWL

1 cup dried quinoa  
2 cups veg stock  
1 cucumber sliced and halved  
1 punnet cherry tomatoes halved  
½ red onion diced  
¼ cup chopped fresh basil  
2 sprigs fresh oregano leaves

2 pieces fresh salmon  
¼ cup honey  
3 tablespoons olive oil  
2 garlic cloves, minced  
Salt & pepper to taste

#### DRESSING

¼ cup olive oil  
2 tbsps balsamic vinegar

#### INSTRUCTIONS

1. Preheat oven to 200C. Line a medium baking pan with parchment paper. Place salmon in prepared pan. Set aside. 2. In a small bowl, add honey, olive oil, garlic, salt, and pepper. Stir to combine. Lightly brush over salmon, making sure to coat sides. 3. Bake for 15-20 minutes, or until salmon flakes easily. 4. While salmon is baking, prepare quinoa. In a medium pot, add quinoa and chicken broth. Bring to a boil, and then simmer for 15 minutes, or until liquid is absorbed. 5. Combine cooked quinoa, tomatoes, red onion, cucumber basil and oregano. 6. Prepare dressing by mixing olive oil and balsamic vinegar. Stir through quinoa salad. 7. Divide quinoa mixture into two bowls. Top with prepared salmon. Sprinkle with extra chopped oregano leaves.

## HAPPY BIRTHDAY



Happy birthday wishes to

Jenny S (Sat 4th Apr), Pam D (Mon 6th),

Leonore (Tue 7th) and Gail (Fri 10th).

Have a great day ladies.

## QUOTE of the WEEK

"If you change  
the way you  
look at things,  
the things you  
look at will  
change.  
We are safe at  
home, not  
stuck at home"



Lyn Reid  
Certified Nutrition Coach and Personal Trainer  
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