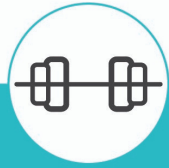


Find Balance

eat healthy · move daily · breathe deeply

Fitness
Australia

BUSINESS
MEMBER 2019



Newsletter
9th April 2021

NEW STOCK

New stock has arrived of these popular studio accessories:

Mojo hooded gym towel

\$28



Everlast gym gloves

\$20



Available for purchase online via the website or app and in studio via eftpos

RECIPE of the WEEK

Chicken Pad Thai

Ingredients

- 250g rice stick noodles
- 2 tablespoons reduced-salt soy sauce
- 1 tablespoon lime juice, plus lime wedges, to serve
- 2 teaspoons peanut oil
- 400g chicken breast fillets, thinly sliced
- 1 medium brown onion, cut into thin wedges
- 1 large carrot, sliced
- 1 long red chilli, seeded, cut into thin strips
- 2 cloves garlic, thinly sliced
- 1 medium red capsicum, seeded, thinly sliced
- 200g green beans, sliced
- 1 ½ cups bean sprouts
- 2 tblsp chopped unsalted peanuts to garnish

Instructions

- 1 Place noodles in a heatproof bowl, cover with boiling water and leave to stand for 5 minutes; drain and set aside. Combine soy sauce and lime juice in a small bowl; set aside.
- 2 Heat half the peanut oil in a wok over high heat. Add chicken in two batches; cook for 2-3 minutes, or until golden-brown. Remove chicken and set aside.
- 3 Gently fry onion, carrot, chilli and garlic in remaining peanut oil for 2 minutes. Add capsicum and green beans; stir-fry for 1 minute. Add reserved noodles and soy sauce; toss for 2 minutes, or until noodles are coated in sauce and heated through.
- 4 Return reserved chicken to wok with bean sprouts; cook for 1 minute to heat through.
- 5 Scatter chicken Pad Thai with peanuts and serve with a lime wedge.

QUOTE of the WEEK

LIFE'S TOO FAST...
SLOW DOWN

and do yoga.



WELCOME

A big warm welcome to new members **Pat** and **Loretta**. Welcome back **Terri, Lee, Karen, Marg, Charlene and Gail**, we've missed you.

HAPPY BIRTHDAY



Happy birthday **Gail** (Sat 10th Apr), **Daryl** (Thu 15th), **Maggie** (Sat 17th), **Zoe** (Wed 21st), **Steph** (Thu 22nd) and **Dale** (Fri 23rd). Special mention to **Colette** who is celebrating a milestone birthday Sun 18th April. Have a fabulous day everyone!

NEXT WEEK'S WORKOUT

COMBO XPRESS

Mon & Fri: 6am, 7am, 9am
Tue: 7.00am
Tue & Thu: 4.30pm

LOW IMPACT

Mon & Fri: 8.00am

YOGAFIT

Tue: 5.45am
Wed: 4.30pm and 5.45pm
Thu: 9.00am

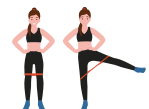
SUB30 CORE

Thu: 6.00am and 7.00am

MOVE ABILITY

Tue & Thu: 5.15pm

COMBO XPRESS



12th Mar - 16th Apr

Resistance Bands



19th - 23rd Apr

Combo Circuit

Lyn Reid
Certified Nutrition Coach and Personal Trainer
Mobile 0403 155 150