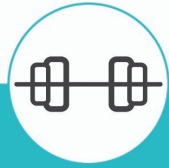


Find Balance

eat healthy · move daily · breathe deeply

Fitness Australia

BUSINESS MEMBER 2019



Newsletter
30th April 2021

BOOST your HEALTH

Autumn weather has arrived and a timely reminder to strengthen our immunity. For our immune system to work efficiently we need to fuel our body with nutrient dense wholefoods and these are the pick of the bunch:



WELCOME

A big warm welcome to:

Bronwyn, Kate, Diane, Belinda, Neil, Debra, Naomi, Megan, Sharon, Karen, Chris, Suzi, Fiona, Megs, Elaine, Julie, Tania, Lois, Michelle, Donna, Nereda, Janine and Wendy, it's great to have your company at Find Balance Studio.

Welcome back **Katherine, Sheryl and Jenny**, we've missed you!

HAPPY BIRTHDAY



Happy birthday **Sue B** (Sat 1st May), **Tania B & Lesley S** (Tue 4th), **Jen W** (Th 6th) and **Sue S** (Thu 13th). Have a fantastic day!

QUOTE of the WEEK



"A **DREAM** written down with a **DATE** becomes a **GOAL**.
A **GOAL** broken down into **STEPS** becomes a **PLAN**.
A **PLAN** backed by **ACTION** becomes a **REALTY**"

RECIPE of the WEEK

THAI PUMPKIN and COCONUT SOUP



Ingredients

- 700 grams of pumpkin
- 1 onion
- 2 cloves of garlic
- 1 teaspoon fresh ginger
- ½ long red chilli
- 1 stem lemon grass
- 1 kaffir lime leaf
- 500 ml of vegetable stock
- ½ cup coconut cream
- 1 handful fresh coriander
- 1 tablespoon of olive oil

Method

1. Peel and cut the pumpkin into cubes and set aside. Dice the onion and crush the garlic and ginger. In a large saucepan over a medium heat, place the olive oil, onion, ginger and garlic. Sauté for a couple of minutes until the onion is transparent. **2.** Meanwhile, finely slice the kaffir lime leaf, chilli and lemon grass stem, then add to the saucepan. Sauté for a further 2 minutes with the onion mixture. Add the vegetable stock and pumpkin to the saucepan. Place a lid on the saucepan and simmer for 20 minutes or until the pumpkin is tender. Transfer mixture to a food processor and process until smooth. **3.** Serve in soup dishes and top with a tablespoon of coconut cream and fresh coriander.

NEXT WEEK'S WORKOUT

COMBO XPRESS

Mon & Fri: 6am, 7am, 9am
Wed: 7.00am

Tue & Thu: 4.30pm

LOW IMPACT

Mon & Fri: 9.00am

YOGAFIT

Wed: 5.45am, 4.30pm, 5.45pm

Thu: 9.00am

SUB30 CORE

Thu: 6.00am & 7.00am

MOVE ABILITY

Tue & Thu: 5.15pm

COMBO XPRESS



3rd - 7th May

Cardio/Core/Glutes



10th - 14th May

Gym Machines

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