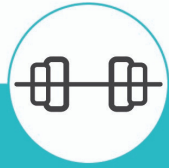


Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2020

Newsletter
6th August 2021

SUB30 CORE

The core is our powerhouse, our center of gravity. A strong core supports the back plus improves our balance and posture.



Sub30 Core will be introduced into our Combo Xpress roster starting **Monday 16th August**. For those who haven't tried it before please don't be concerned, it will be modified to your level and you can go at the pace that's right for you.

RECIPE of the WEEK

Sweet Potato Brownies

Ingredients

- 2 medium-large sweet potatoes
- 14 Medjool dates, pitted
- ¾ cup plus 2 tablespoons ground almonds
- ¾ cup plus 1 tablespoon buckwheat or brown rice flour
- 4 tablespoons raw cacao powder
- 3 tablespoons maple syrup
- pinch of salt

Instructions

1. Preheat the oven to 350°F (convection 300°F).
2. Peel the sweet potatoes. Cut them into chunks and place into a steamer for about 20 minutes, until they become really soft.
3. Once they are perfectly soft and beginning to fall apart, remove them and add them to a food processor with the dates. Blend until a smooth, creamy mix forms.
4. Put the remaining ingredients into a bowl before mixing in the sweet potato and date combination. Stir well.
5. Place the mix into a parchment paper-lined baking dish and cook for 20-30 minutes, until you can pierce the brownie cake with a fork and bring it out dry. Remove the dish from the oven and allow it to cool for about 10 minutes. This is really important, as the brownies need this time to stick together!

QUOTE of the WEEK

"Your **body** exists in the **past** and your **mind** exists in the **future**. In **yoga**, they come together in the **present**"



WELCOME

A big warm welcome to **Shelley, Kate, Jessica and Helen**.

Welcome back **Jenny H, Wendy, Deb M and Tania**, we've missed you.



HAPPY BIRTHDAY



Happy birthday **Wendy P** (Wed 11th Aug), **Kate S** (Mon 16th) and on Thu 19th Aug we have three people sharing their special day **Chris R, Donna and Deb R**.
Enjoy ladies!

NEXT WEEK'S WORKOUT

COMBO XPRESS

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

LOW IMPACT

Mon & Fri: 8.00am

YOGAFIT

Wed: 4.30pm and 5.45pm
Thu: 6.00am and 9.00am

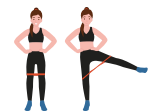
MOVE ABILITY

Tue: 5.30pm
Thu: 3.30pm

OPEN GYM

Tue & Thu: 5.30-6.30pm
Thu: 7-8.30am

COMBO XPRESS



9th - 13th Aug

Bands & Dumbbells



16th - 20th Aug

Sub30 Core Cardio

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