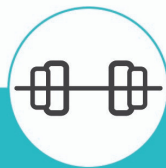


Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2019

Newsletter
26th February 2021

LONG WEEKEND

Monday 1st March is a public holiday for **LABOUR DAY**. The studio will be closed. Enjoy your long weekend.

MARCH GET-TOGETHER

Next month's catch up will coincide with **INTERNATIONAL WOMEN'S DAY**

Sunday 7th March
WALK @ 3pm
COFFEE/WINE @ 4pm
Taylor St Quarters
Meet at Adventureland carpark. RSVP Fri 5th Mar



TRI NATURE

NEW STOCK



We ingest, inhale and absorb chemicals into the body which disrupt our hormone system and promote inflammation.

Protect you family and your home from harmful toxins by choosing natural, organic, chemical-free Tri Nature.

- SKIN CARE
- HAIR CARE
- BODY CARE
- LAUNDRY PRODUCTS
- CLEANING PRODUCTS
- POLISHING PRODUCTS

WELCOME

A big warm welcome to **Jennene, Tash and Lisa**, great to have your company at the studio. Welcome back **Jackie, Jodi, Rasa, Angela and Jennifer**, we've missed you!



HAPPY BIRTHDAY



Happy birthday **Natalie** (Fri 26th Feb), **Margaret and Pam** (Sat 27th), **Sarah** (Sun 28th) and **Jan** (Thu 11th Mar). Happy birthday **Nola** who as a leap year baby doesn't have her own day this year but we hope you enjoy both the 28th Feb and 1st Mar.

QUOTE of the WEEK

"If you fail, never give up because **F.A.I.L.** means **First Attempt In Learning**. End is not the end, in fact **E.N.D.** means **Effort Never Dies**. If you get no as an answer, remember **N.O.** means **Next Opportunity**"

RECIPE of the WEEK

Broccoli Avocado Orange Salad

INGREDIENTS-

Salad Ingredients

2 heads of broccoli
1 avocado, chopped
3 oranges
1 handful of parsley
2 tablespoons sunflower seeds
2 tablespoons pumpkin seeds
1 tablespoon of flaked almonds
½ teaspoon olive oil

Dressing Ingredients

2 tablespoons olive oil
1 tablespoon white wine vinegar
1 teaspoon honey
Salt and pepper to taste

INSTRUCTIONS

1. Wash the broccoli, cut into florets & place into a food processor. Blitz for short time to resemble a crumble. Chop the parsley & toss through the broccoli. Drizzle the olive oil in a pan & heat on a medium heat, add the flaked almonds, pumpkin & sunflower seeds. Toss around the pan as they toast for 3-4 minutes. Set aside to cool. 2. Peel two of the oranges and remove the pith. Cut the orange into cubes and toss through the salad with the chopped avocado. 3. To make the dressing, juice the remaining orange in a jar with olive oil, white wine vinegar, honey and salt/pepper to taste. Pour dressing over salad, sprinkle with toasted seed mixture & stir through. Serves 4

NEXT WEEK'S WORKOUT

COMBO XPRESS

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

LOW IMPACT

Mon & Fri: 8.00am

YOGAFIT

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

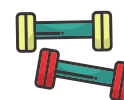
SUB30 CORE

Tues: 6.00am and 7.00am

MOVE ABILITY

Tue and Thu: 5.15pm

COMBO XPRESS



2nd - 5th March
Dumbbells



8th - 12th Mar
Kettlebells

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