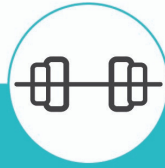


# Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2020

Newsletter  
23rd July 2021

## NEW TIMETABLE

- Our modified winter timetable comes to an end next Friday 30th July, The new timetable **starts Monday 2nd August** It is much the same as the previous timetable with the exception of:
- Wed 5.45am **YogaFit** shifted to Thu 6am
  - **Sub30 Core** will be incorporated into the Combo Xpress workout cycle
  - Wed 7am **Combo Xpress** removed

## OLYMPICS



I'm nervous for the athletes during a pandemic but excited about cheering on Australia from the comfort and safety of the lounge room. Opening ceremony **Friday @ 6.30pm** but we're already off to a good start with QLD securing the 2032 games plus wins to our women's and men's soccer and women's softball teams.  
**Aussie... Aussie... Aussie**

## TAKE CARE



Saturday 24th July is Stress Down Day, an "initiative designed to reduce stress and raise vital funds for Lifeline Australia". If you or anyone you know is feeling stressed, take time out this Saturday to do something you enjoy. To make a donation go to <https://www.lifeline.org.au>

## HAPPY BIRTHDAY



Happy birthday to **Shareen** (Sun 25th July), **Lesa** (Wed 28th), **Paul, Sherry & Rob** (Sat 31st), **Terri** (Sun 1st Aug), **Louise** (Tue 3rd), **Sarah** (Wed 4th) and **Deb M** (Fri 6th).  
Have a great day.

## QUOTE of the WEEK

"Live your life, take chances, be crazy. Don't wait. Because right now is the oldest you've ever been and the youngest you will be ever again"



## WELCOME



A big, warm welcome to the studio **Kay**. Welcome back everyone from holidays, we've missed you!

## RECIPE of the WEEK

### Pumpkin, Chickpea & Cashew Curry

#### INGREDIENTS

¼ cup korma paste, 270ml can reduced-fat coconut milk  
4 cups diced pumpkin, 250g bag frozen baby beans  
200g button mushrooms halved, 1 cup vegetable stock  
1 x 400g can chickpeas, rinsed, drained, fresh coriander  
2 cups baby spinach, 1.5 cups cauliflower or brown rice  
¼ cup chopped unsalted roasted cashews

#### METHOD

Step 1 Place the korma paste into a large, deep, non-stick frying pan and set over a medium heat. Add coconut milk and stir until mixture simmers. Add pumpkin, cover pan with a lid and cook for 10 minutes, stirring often. Step 2 Add beans, mushrooms and vegetable stock to pan. Cover and continue to cook for 5 minutes. Add the chickpeas; cook, uncovered, for 5 minutes, stirring occasionally. Step 3 Meanwhile cook cauliflower or brown rice Step 4 Stir the spinach leaves into the curry until wilted. Serve with cauliflower or brown rice. Garnish with cashews and coriander.

## NEXT FORTNIGHT'S WORKOUT

### 26th - 30th July

#### COMBO XPRESS

Tue & Thu: 6am, 7am, 9am

Tue & Thu: 4.30pm

#### LOW IMPACT

Tue & Thu: 8.00am

#### MOVE ABILITY

Tue: 5.30pm & Thu: 3.30pm

#### YOGAFIT

Wed: 6am and 8.45am

Wed: 4.30pm and 5.45pm

### 2nd - 6th August

See new timetable attached

### COMBO XPRESS



### 26th - 30th July

#### Fitball



### 2nd - 6th August

#### Combo Circuit

Lyn Reid  
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Mobile 0403 155 150