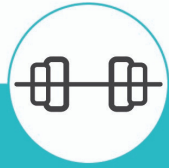


Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2020

Newsletter
25th June 2021

JULY TIMETABLE

Next week (28th June - 2nd July) is the final week of the current timetable.

Due to the school holidays and the annual migration north the timetable for the month of July will be modified as per attached.



On Friday 2nd July I'm heading to Perth and we have the lovely Emma-Lee taking classes.

So pleased to have you back for the day Em, wish it was for longer.

GUT HEALTH



GOODMIX SUPERFOODS

Our gut is our second brain. A healthy gut leads to a healthier mind and body. New stock and more info available at the studio.

- **BLEND 11** - Make bircher muesli, add to your brekky oats or sprinkle on fruit and/or yoghurt
- **BLEND 13** - The grain-free version of Blend 11
- **GREENS+ALOE** - Supergreens to add to smoothies, freshly squeezed juices or smoothie bowls
- **BLISS BALL MIX** - make your own healthy protein balls and nutritious slices to satisfy the sweet tooth
- **BURGER MIX** - make healthy veggie patties for meat-free Monday

FREE recipes included with every purchase

HAPPY BIRTHDAY



Happy birthday **Anita** (Sat 26th June), **Karen G** (Thu 1st July), **Gemma** (Fri 2nd), **Katherine** (Wed 7th) and **Tracey V** (Thu 8th).
Have a fantastic day ladies!

QUOTE of the WEEK



" Kindness makes us a beautiful person no matter what we look like "

RECIPE of the WEEK

MEXICAN SWEET POTATO SKINS



INGREDIENTS

- 200g lean mince* (Vegan - replace with legumes)
- 2 large sweet potato
- 2 cloves garlic, crushed
- 1 long red chilli, finely diced
- 1 tsp fresh ginger, crushed
- ½ onion, diced
- ½ red capsicum, diced
- ½ cup corn kernels
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp cinnamon
- 1 tbsp olive oil
- 1 avocado
- 1 tomato
- 3 sprigs fresh coriander

INSTRUCTIONS

1. Pre-heat the oven to 180C and line a baking tray with baking paper.
2. Wash the sweet potato and dry with a clean tea towel, leaving the skin on. Rub with a small amount to olive oil and salt and place on the tray. Bake for 45 - 55 minutes or until soft.
3. Take out of the oven and allow to cool for 15 minutes then slice in half lengthwise.
4. To make the filling, heat a pan on the stove top with the remaining olive oil.
5. In the pan place the garlic, chilli, ginger and onion. Saute for 3 minutes.
6. Add the mince or legumes, capsicum, corn kernels, cumin, ground coriander & cinnamon. Saute all the ingredients until the mince is cooked.
7. Scoop out the flesh from the sweet potato and place in the pan with the mince, gently mix through leaving it chunky.
8. Fill the sweet potato skins with the mince mixture and place back in the oven for 10 minutes.
9. Dice the tomato and avocado and chop the fresh coriander. Once the sweet potato is cooked pull it out of the oven and place on a serving tray. Top with the tomato, avocado and coriander.

NEXT WEEK'S WORKOUT

COMBO XPRESS

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

LOW IMPACT

Mon & Fri: 8.00am

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



28th June - 2nd July

Partner Up

Gloves required please

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