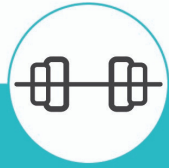


Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2019

Newsletter
3rd September 2021

NEW STOCK for SPRING

We are all stocked up ready to embrace a healthy mind and body this spring with:

- **YOGA SOCKS**
- **WORKOUT GLOVES**
- **TRI NATURE** (most cleaning, laundry and body care products contain chemicals that cause inflammation in the body! Tri Nature products are organic & chemical-free!)
- **GOODMIX SUPERFOODS** (the gut is our second brain. Healthy gut = healthy body and healthy mind)



Plus two **NEW** products:

1. **Monash University Low Fodmap Diet Booklet** for those who struggle with irritable bowel syndrome
2. **Vegetables Cookbook** to inspire us to dedicate half our plate to vegetables

WELCOME

A big warm welcome to **Tracey, Paul & Barry**. Welcome back **Rachel, Marg, Ronnie, Jenny, Jean and Jason**, we've missed you!



HAPPY BIRTHDAY



Happy birthday to **Sue & Nikki** (Sat 4th Sept), **Michelle & Jessica** (Sun 5th) and **Robyne** (Mon 13th). Have a great day!

DOUBLE CELEBRATION

SUNDAY 5th SEPTEMBER
Happy Father's Day to all the dads. Special thoughts to the dads no longer with us xox



Women's Health Week

6th-10th SEPTEMBER
Check out the website for a week full of health tips

<https://www.jeanhailes.org.au/events/womens-health-week>

Celebration Pancakes

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup almond milk
- 2 tbsp maple syrup
- 1 ripe banana
- 1 tsp vanilla
- 1 tsp baking powder
- 1/4 tsp salt
- coconut oil, for cooking
- maple syrup & fresh fruit

INSTRUCTIONS

1. Place all the ingredients in a blender, roll oats, almond milk, maple syrup, banana, vanilla, baking powder, salt. Process until completely smooth.
2. Brush oil in a large non-stick skillet or griddle over medium heat. Add batter and cook until edges are golden brown, about 2-3 minutes, flip the pancake and cook for another 2-3 minutes. Repeat until batter is all gone.
3. Serve topped with maple syrup and fresh fruit

QUOTE of the WEEK



"Remember to take care of yourself. Sometimes you get so busy helping others you forget that you're important too"

NEXT FORTNIGHT'S WORKOUT

COMBO XPRESS

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

LOW IMPACT

Mon & Fri: 8.00am

CORE STRENGTH+STRETCH

Tue: 5.30pm

YOGAFIT

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

MOVE ABILITY

Thu: 3.30pm

COMBO XPRESS



6th - 10th Sept
Core Balls & Cardio



13th - 17th Sept
Kettlebells & Isometric Holds

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