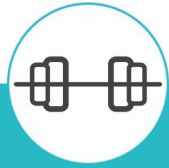


Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2019

Newsletter
14th December 2023

THAT'S a WRAP for 2023

Thank you for a fabulous year.
Wishing you and your family a very Merry and Safe Christmas



The studio will close
FRIDAY 15th DEC
reopening
MONDAY 15th JAN

QUOTE of the WEEK

I don't want much for Christmas, just want the person reading this to be healthy, happy and loved.



RECIPE of the WEEK



Festive Blueberry and Mango Salad

Instructions

Make salad dressing

1. Combine olive oil, mustard, lemon juice, and half the amount of honey (saving the other half) in a mason jar. Whisk well with a fork, until emulsified. Or, close with the lid, and shake vigorously. Add more lemon juice to taste.

Assembly

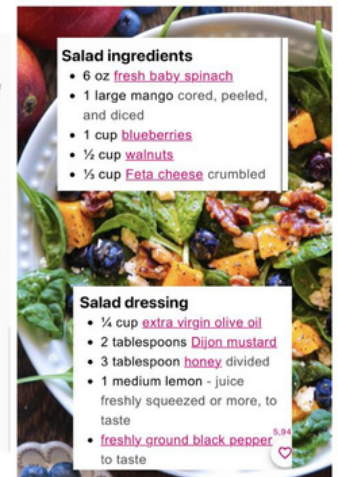
1. In a small bowl, combine walnuts together with the remaining half of honey. Toss to combine well.
2. I prefer to arrange the mango salad in individual bowls for presentation purposes.
3. Add fresh baby spinach to each individual salad bowl. Add diced mango, blueberries, honey walnuts, and Feta cheese on top of spinach.
4. Drizzle with the salad dressing. Season with a small amount of freshly ground black pepper.
5. Alternatively, you can combine all the salad ingredients in a large serving bowl, add the dressing, and toss to combine.

Salad ingredients

- 6 oz [fresh baby spinach](#)
- 1 large mango cored, peeled, and diced
- 1 cup [blueberries](#)
- ½ cup [walnuts](#)
- ½ cup [Feta cheese](#) crumbled

Salad dressing

- ¼ cup [extra virgin olive oil](#)
- 2 tablespoons [Dijon mustard](#)
- 3 tablespoon [honey](#) divided
- 1 medium lemon - juice freshly squeezed or more, to taste
- [freshly ground black pepper](#) to taste



XMAS LUNCH

Looking forward to seeing you
1pm Sunday 17th Dec

for our
XMAS PARTY

@ **Bistro Louis**



Please remember to bring a
homemade themed Secret Santa

MERRY XMAS

HOW BEAUTIFUL!



Christmas Gift suggestions:

To your enemy, forgiveness
To an opponent, tolerance
To a friend, your heart
To a customer, service
To all, charity
To every child, a good example
To yourself, respect

- Oren Arnold



Healthy Holiday Eating Tips

Eat regular meals - skipping meals can lead to overeating.

Stay hydrated - drink lots of water.

Eat a protein-packed snack an hour before your holiday meal.

Your mantra: 'Eat the best, leave the rest'

No guilt! Enjoy your favorite holiday dishes, in moderation.

Fill up on salad and fresh vegetables first.

Think color! Colorful food makes a festive looking plate!

Eat mindfully and put your fork down between bites.

Get active! 10 minute bursts of activity boost your metabolism!

Lyn Reid

Certified Nutrition Coach/Personal Trainer/Yoga Instructor

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