

Motivation Fitness

Zumba® Classes and More

February 2020 Newsletter

UPCOMING EVENTS

Stronger Together Challenge
Ends February 23rd

Zumba® Glow Party
Saturday February 22nd - 6pm-7pm

Salad-in-a-Jar
Saturday February 29th at Noon

Bahh-Maste Goat Yoga
Sunday March 29th – 1pm-3pm

You probably don't realize this, but the Latin derivative of the word February means "to purify." During ancient Roman times, purification rituals were common practice during the month of February.

In fact, the Romans held huge festivals to reestablish the empire's important focus on living righteously.

It's considered a transitional time, which opens up opportunity for change and transformation.

So, my friend, what transition would you like to create this February, the first of a new decade?

CLIENT OF THE MONTH

We are so excited to announce Maureen O'Neill as February's STUDENT OF THE MONTH!

Maureen has been a member of Motivation Fitness since January 2019. With a combination of exercise and healthy eating, Maureen has been able to lose 50 pounds and sustain a healthier lifestyle.

If you see Maureen in class, show her some love!

We are proud of you!

Maureen O'Neill



6 Convenient Healthy Dinner Strategies

If you struggle with healthy eating CONSISTENTLY like so many people, my mission today is to help you find much easier, quicker ways to make it happen!

Because I know first hand that inconsistency in your eating NEVER leads to good outcomes. Check these out and let me know which you'll try first!

1. Pre-cook proteins, pre-wash and chop veggies. You can do this 1-2 times a week depending on time. I'm a fan of the Sunday Ritual, where you prep and portion for the entire week. **How to do this:** Simply grill or bake enough protein to sustain dinner each week. You can prep the veggies to be prepared on the spot in the evening before dinner or in advance like the protein. Heck, throw it all on the grill!

2. Purchase pre-chopped veggies. If to the first point you were thinking..."Yeah, but the part I HATE is washing and chopping!" Pretty much every grocery store sells vegetables that are ready to throw in a pan, in the oven, or on a grill. It'll typically cost you a little bit more, but it's worth it if this is what it takes to make the right choice.

3. The 10 minute, minimal effort meal. This is one of my *favorite* strategies! It's as simple as this: Rotisserie chicken, steam in a bag veggies, and wrapped microwavable sweet potato. Serve the chicken, grab 1-2 cups of veggies for your plate out of the bag (season if you like), and eat half the potato with a pat of grass-fed butter. And you've got leftovers!



4. Crock Pot meals. It doesn't get much easier than throwing a bunch of ingredients in a crock pot in the morning then coming home to a fully prepared meal (and a house that smells awesome). Also requires minimal clean up! This is definitely easy to make in large portions, so you've got leftovers! Still not quite going to work? Here are my **GRAB AND GO** strategies!

5. Hit the hot bar. Have a grocery store like Fresh Thyme nearby? Chances are they have an awesome hot bar!

6. Healthy take-out. This is easier to find than you think. I love Asian restaurants for this because you can almost always find grilled protein and order it with a side of vegetables. You'll typically be able to get a few servings out of it too, so you've got lunch for the next day!

RECIPE OF THE MONTH

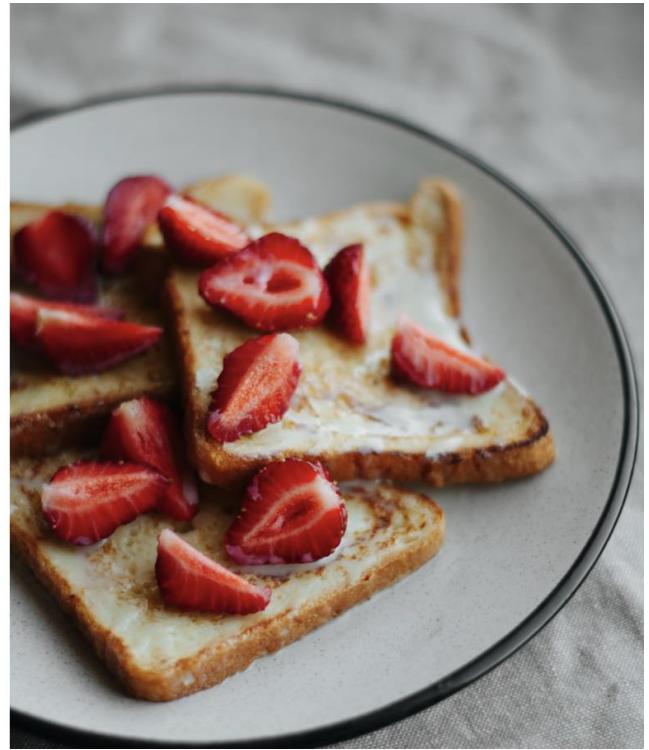
INGREDIENTS

- 2 slices of Ezekiel Bread
- 1-2 eggs (depending on their size)
- 1 tsp+ cinnamon
- 1 tsp coconut oil
- Optional: Nut Butter spread or fruit for topping

PREPARATION

1. Heat pan over medium heat and add coconut oil.
2. Mix eggs and cinnamon.
3. Soak bread in the egg mixture.
4. Cook French Toast on both sides until done.
5. Top with fruit or a thin layer of nut butter of choice.

Healthy French Toast



Side Plank

This is a great exercise for overall core stability and sculpting!

1. Start with one hand under the shoulder.
2. Slowly stack the top leg on top of the bottom leg. You can keep the top foot slightly forward on the ground in front for stability if necessary.
3. Keep your hips pushing upward and inline with the shoulders as seen in the photo.
4. Hold a specific length of time or for set intervals before switching sides.

MOVEMENT OF THE MONTH



We ❤️ Our Community



Salad in a Jar event – 2/1/2020



Adria's Rock n' Roll Yoga class!



Putting in the work!
5:30 am Boot camp with Denise!



Goat Yoga with Alla and Wally.