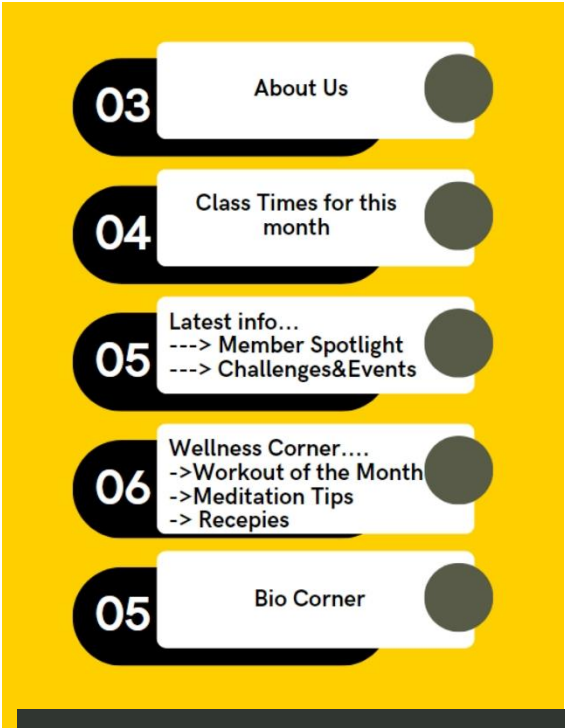


Fit and Functional:

I have been making monthly newsletters as well for Fit and Functional. I have included the September and October.



Class times ths Month...

	MON	TUE	WED	THU	FRI
5AM	PT SESSION Farrin	REBOUND SHARON	PT GROUP FARRIN	TRX SHARON	BUNGEE 4D SHARON
7:15AM	PT GROUP CLASS SHARON	PT GROUP CLASS SHARON	PT GROUP CLASS SHARON	PT GROUP CLASS SHARON	PT GROUP CLASS SHARON
8AM	REBOUND MICHANN	PT GROUP CLASS SHARON	FUNCTIONAL TRAINING MICHANN	PT GROUP CLASS SHARON	STRETCH EMMA
4PM	REBOUND PILATES SHARON	REBOUND Michann	PT GROUP LAURA	REBOUND BOX Sharon	
5PM	PT GROUP FARRIN	4 DPRO SHARON	BEGINNERS REBOUND SAM	PT GROUP FARRIN	
Sat		6AM BEGINNERS REBOUND SAM		7:15AM REBOUND SHARON	
					9AM-12PM POLE FITNESS

September 2023

Whats Happening?

SAM Member Spotlight!

Congratulations Sam! Not only is Sam a loyal member at Fit and Functional for a number of years. We are very excited to announce Sam is now a rebounder instructor with 2 classes a week! Come support Sam at

- Wednesday: 5:15pm
- Saturday: 6:30am




reboundsa

One day AT A TIME

Express Challenge

Starting 4th Sept to 30th Sept

Express 1 - R1050
3 x per week plus weigh in with Isabel

Express 2 - R1350
5x per week plus weigh in with Isabel

New Challenge and Events Coming soon!

Look out for our heritage day surprise! More info coming through...





Do you follow us on Social Media?

 [fitandfunctional.el](https://www.instagram.com/fitandfunctional.el)

 Fit & Functional Personal Training Studio

Please Contact me for the new challenge.
Sharon: 0828516347

Wellness Corner

Wellness Corner

Have time for a 5 min workout?

- ☐ 1 Minute Jumping Jacks
- ☐ 1 Minute Push Ups
- ☐ 1 Minute Crunches
- ☐ 1 Minute Squats
- ☐ 1 Minute Calf Raises

....Or even go on a short walk!

←

Mindful Minute

→

Lets take a minute to be mindful! I know that that sometimes there doesnt seem to be enough minutes in the day. We get overwhelmed.. Trust me i know how it goes. Thats why its important to take a second or minute to abolutly clear your head and appreciate what you have around you. Take a minute, close your eyes and take a deep breath. Listen to youre breathing and think of all that is to be greatful for. Have to pick up the kids? Think about how lucky you are to be able to do that. Dont feel like working out? Think how much your body will thank you afterward. Many people say health it wealth abd i count ont agree with that more. But dont forget to look after your peace and mind too.

Wellness Corner

Oh So Delicious!

STRAWBERRY SMOOTHIE

ingredients:

- 2 cups frozen strawberries
- 1 banana
- 1/4 cup greek yogurt
- 1 cup milk
- 1 tbs honey
- 1/2 cup ice

blend everything together until smooth and serve while cold

BLUEBERRY SMOOTHIE

ingredients:

- 1 cup frozen blueberries
- 1/2 cup plain yogurt
- 1/4 cup milk of your choice
- 1 tbs white sugar
- 2 drops vanilla extract
- pinch of ground nutmeg

blend all the ingredients until smooth and serve cold

DETOX GREEN SMOOTHIE

ingredients:

- 1 cup fresh spinach
- 1 cup water
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1 banana
- 1/3 cup cucumber slices

blend everything together and enjoy while cold

PINA COLADA SMOOTHIE

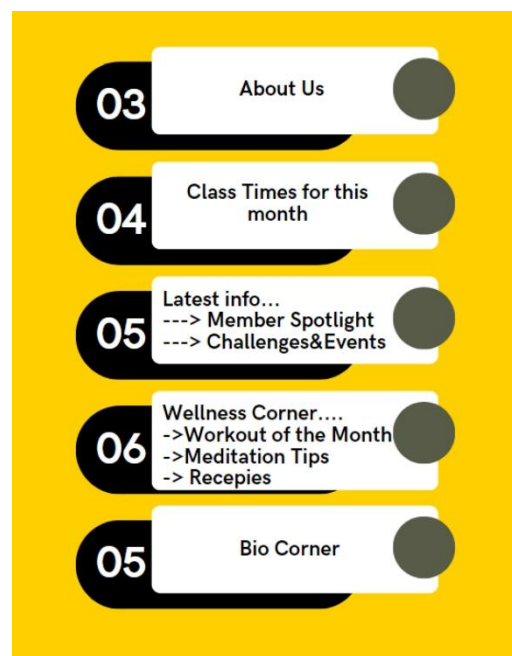
ingredients:

- 2 cups pineapple chunks
- 2 frozen bananas
- 1/2 cup vanilla greek yogurt
- 2 tbs shredded coconut
- 1 and 1/2 cup coconut milk


blend everything together until smooth and enjoy cold




October Edition:




The Team



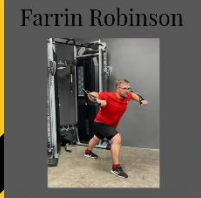
Laura Marshall



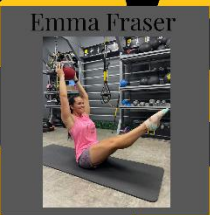
Sharon Moulang



Michan Moore



Farrin Robinson



Emma Fraser

Class times ths Month...

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			9AM-12PM	POLE FITNESS

October 2023

Whats Happining?

Noelene Member Spotlight!

This is Noelene, a longstanding client at our studio. Noelene commitment to her health and fitness journey over the past years has been nothing short of inspiring. Rain or shine, weekday or weekend, she graces our studio with her unwavering presence, always arriving with a smile and an eagerness to tackle her workout routine. Eagerly attending classes, pushing her limits, and encouraging fellow gym-goers sets a remarkable example for all. Noelene is more than just a client; she is a valued member of our fitness family, a testament to the transformative power of dedication and perseverance.

Heritage Day!

I am incredibly grateful for the unwavering support of my clients. The enthusiasm and energy and the charity bounce was indescribable. This inspires and motivates me. Thank you for being an essential part of been able to give back to the community.

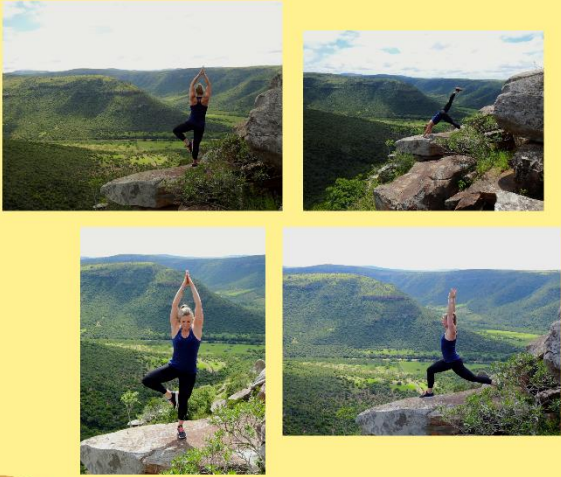
Reformer Partner workout
book a session for you and a friend for only R175 each

We bringing Emma's rebound class back, get bouncing with her in a Friday morning @8am. Suitable for beginners to advance.

Do you follow us on Social Media?
fitandfunctional.cl

Fit & Functional Personal Training Studio
Please Contact me for the new challenge, Sharon: 0838216347

Wellness Corner



Wellness Corner

Need ideas for a Spring Workout?

Date	Day	Event	Distance	Starting point
16-Sep	Saturday	CMAC Great Kar Marathon	5, 7.5 & 10	On the S340 heading into Kar Mouth
17-Sep	Sunday	Daily Dispatch Fun Run	4 & 8	Orient Beach
23-Sep	Saturday	NFB Charity Run	5	Beach Road
24-Sep	Sunday	Friends of Pangane Run	15	Buffalo Club
24-Sep	Sunday	CANSA Heritage Walk to Treemere & Back	7.4 & back	Kar Mouth
25-Sep	Monday	R72 Fun Run	4 & 8	Edde Beach Main Road
30-Sep	Saturday	Honoree Fun Run	5 & 10	Rosary Bnpg, KWT
01-Oct	Sunday	Maranda Inara Old Selborne Run	5 & 15	Old Selborne
07-Oct	Saturday	Stutterheim Spring Run	5 & 15	Stutterheim High School
08-Oct	Sunday	Partners Series Tella Bridge Half	21	Storkspuit
15-Oct	Sunday	Tony Wilson Marathon & Ocean Sereniti Half	17.5 & 42	Coburgs Farm off N6
22-Oct	Sunday	Khuleni AC	5 & 10	Vukhumbi Special School, Mdantsane
28-Oct	Saturday	Thomas River MTB & Trail Challenge	5, 12 & 20	Thomas River Historical Village, N6
28-Oct	Saturday	Algoa Big Walk for Cancer	5	Old Selborne OR Virtual
28-Oct	Saturday	Kar-2-Seafields	11.8 & 34	Hoop-Hoop OR Kar Mouth

Mindful Minute: Elevate Your Fitness Journey with Mindfulness

What is Mindfulness?

Mindfulness is being fully present and aware at the moment, without judgment. It's about paying attention to your thoughts, feelings, and sensations, as well as the world around you, in a non-reactive way. In fitness, mindfulness involves bringing full attention to your workouts, nutrition, and recovery.

The Benefits of Mindfulness in Fitness:

1. Enhanced Focus:
2. Stress Reduction
3. Emotional Balance
4. Better Nutrition Choices

How to Incorporate Mindfulness into Your Fitness Routine:

1. Start with Breath Awareness
2. Body Scanning
3. Mindful Eating
4. Meditation and Visualization

Mindfulness Challenges for the Month:

1. Daily Mindful Breathing: Dedicate just one minute daily to focus on your breath. Try to increase this time as you become more comfortable with the practice.

Remember, incorporating mindfulness into your fitness routine is not about perfection but progress. Take small steps, and over time, you'll experience the profound benefits of mindfulness on your fitness journey.

Wellness Corner

Oh So Delicious!

CHICKEN POKE BOWL RECIPE

Chicken Poke Bowls are an easy and fresh dinner that won't break the bank – or your diet! Made with fresh ingredients like shredded chicken, edamame, corn, cauliflower and micro greens, this delicious poke bowl is NOT one you want to miss out on.

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

Servings: 4 people

Calories: 241kcal

INGREDIENTS

- 10 ounces frozen steamable corn
- 10 ounces frozen steamable edamame
- 1 red onion sliced
- 1 head cauliflower
- 1 tbsp olive oil
- 1 rotisserie chicken shredded
- 2 cups matchstick carrot sticks
- Small bunch of cilantro
- 1 cup micro greens
- Sriracha mayo to taste
- Spicy miso sauce to taste
- ½ tsp Sesame seeds

INSTRUCTIONS

1. Prepare the vegetables: Microwave corn and edamame according to package directions. Set aside in separate bowls. Thinly slice red onion.
2. Make the cauliflower rice: Cut the cauliflower stems off and divide the cauliflower head into 4 parts. Grate the cauliflower using a cheese grater, or add to a food processor and pulse.
3. Cook the cauliflower rice: Add olive oil to a skillet over medium/high heat. Once heated, add cauliflower rice and saute over medium heat for 5 minutes. Divide rice into 4 bowls.
4. Shred the rotisserie chicken. Divide equally into the bowls.
5. Assemble the poke bowls: Divide sliced red onion, edamame, carrots, corn, micro greens, and cilantro, equally into the bowls.
6. Finishing touch: Drizzle sriracha mayo and spicy miso over the top of each bowl. Sprinkle with sesame seeds and enjoy!

October 2023

Bio Corner *With Laura Marshall*

FIRING PATTERN

Everyone has a specific built-in muscle firing order which should help with smooth movements during several exercises and activities of daily living. There are complex firing orders to and from the brain and spinal cord which should be directed with precision to prevent the muscles from contracting in a chaotic manner.



FIRING PATTERN

One of the ideal firing patterns are:

1. Gluteus muscle.
2. Hamstring muscle.
3. Opposite Quadratus Lumborum.

Unfortunately, most people activate as follow:

1. Quadratus Lumborum muscle.
2. Hamstring muscles.
3. Gluteus muscle.

What may be the possible cause of this firing pattern?

YOUR ILIOPOSOAS MUSCLE.

Due to prolonged hours of sitting, your iliopsoas muscle tightens and overpowers your gluteal muscles. Once the psoas is released, glute activation will become easier.

Come visit the practice to see how your muscles fire and how to correct this firing pattern.



Laura Marshall



078 757 0223



laurathebio@gmail.com

MB
MARSHALL
BIOKINETICISTS

PHYSICAL REHABILITATION AND EXERCISE THERAPY

Thank you!
Awesome people!