



FIT by Fiona E-Newsletter

February 2025

I hope 2025 is treating you well so far?!

This newsletter issue is all about hydration, building muscle, a simple hack for bone health (and more!), and a few podcasts!

ENJOY!

PEAKLYTE!

I am thrilled to be an ambassador for this Bow Valley local company!

For most of us, especially those of you that work out, plain water isn't enough!

That's where electrolytes come in!

And these ones have the perfect ratio!

Sodium 1000mg

Potassium 200mg

Magnesium 60mg

(1L water packets)

I supplement with these electrolytes DAILY!

Order yours today at peaklyte.com and use code COACHFIONA20 to get 20% off your entire order!



The MenoFIT Workshop Series!

To my ladies who want to THRIVE in peri & post menopause... muscle mass is EVERYTHING!

This 75 min virtual workshop will cover WHY we need to lift weights, training guidelines for building muscle, the importance of protein, and more!



The MenoFIT MUSCLE Workshop

Sunday March 23rd
6.00-7.15pm MT

Here are the details:

Date: **Sunday March 23rd**

Time: **6.00-7.15pm**

Where: Google Meet!

Cost: **ONLY \$20+gst**

[CLICK HERE](#) to register!

Bone Health HACK!

Adding a weighted vest when walking is one of the easiest ways to keep your bones strong!

This means a reduced risk of osteoporosis, and fractures!

PLUS, it can also help with strength, heart health, and MORE!

[CLICK HERE](#) to read my full blog post!



PODCASTS!

No, I haven't started one myself (although it's something I'm thinking about!), BUT I was on two podcasts that were released this month!

[Links to both of the podcasts can be found here!](#)



FIT over 40!

In January I started my signature in person program and it's been a HUGE success!

The next round of the program starting at the end of this month is now FULL! However if you would like to be notified when details are released for the next program, click [here!](#)



Menopause Coaching!

My roster is almost FULL!

If you would like to set up a discovery session, please visit [my website](#) and click on the link in the page!



I think that's it for now!

Feel free to [connect](#) with me anytime!

Or follow me on [Instagram!](#)

Stay *FIT*, stay healthy, stay happy.

Your Coach,

Fiona



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