

S.I.M GYM



May/June 2017

Lunch and
Learn

11:30-1pm

In the
auditorium

May 11th

Pelvic Floor
Health with

Kristen

Parise

June 15th

Fariya

Doctor

and the

Feldenkrais
method

Hot Summer Deal

Pre pay (by May 31st) for June,
July and August for only \$90!

Gardening will make your lawn
look fabulous but keeping up
with your workout

will make you **feel** fabulous!

Do both this summer with this
great deal!

The S.I.M GYM

will be closed

Monday May 22, 2017



STRAWBERRY CHIA SEED JAM FROM GLUTEN FREE VEGAN PANTRY

INGREDIENTS

2 cups strawberries, destemmed and chopped in half
¼ cup maple syrup (optional)
2 Tbsp Chia Seeds
Water as needed

INSTRUCTIONS

Place chopped strawberries, chia seeds and maple syrup (if using) into a blender. Blend on medium to high speed until preferred jam consistency is obtained. Add water 1 Tbsp at a time as needed to get things moving. Pour contents of blender into a small saucepan and heat over medium heat until the jam begins to bubble. Reduce heat to low and simmer for 5-7 minutes, or until the jam starts to thicken. Remove from heat and immediately pour into a mason jar. Allow to cool completely and then store in the fridge for up to one week.



Healthy Food of the month - chia seeds and strawberries



Strawberry season in Ontario is June and July. They contain 100% of your vitamin c requirements in just one cup! Also high in folate, fibre and antioxidants these berries are great fresh from the garden.

Chia seeds- a concentrated food containing omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium. Two tablespoons contains 139 calories, 4 grs of protein, 9 grs fat, 12 grs carbohydrates and 11 grs of fiber, plus vitamins and minerals.

