

MAY 2025

# RESOLVE FITNESS NEWSLETTER



## MENTAL HEALTH AWARENESS MONTH

### WAYS YOU CAN SUPPORT MENTAL HEALTH AWARENESS

#### Self Care

- Practice Mindfulness
- Engage in Hobbies
- Prioritize Sleep
- Eat A balanced Diet
- Exercise regularly

#### Support Others

- Reduce Stigma
- Share Resources
- Offer Support
- Check in with Friends & Family

#### Promote Awareness

- Advocate for Change
- Attend Events
- Use Social Media to share information and Resources

### MEET THE TEAM

After transitioning from beauty therapy last year Amy has become one of our reception superstars!

#### SOME FUN FACTS ABOUT AMY!

- Born and raised in Brisbane!
- Beauty Therapist for 22 years
- Moved to Sunny Coast 8 years ago with her Fiancé and 2 boys
- Loves camping!

#### AMY'S FAVORITES!

Sweet Treat - Pavlova

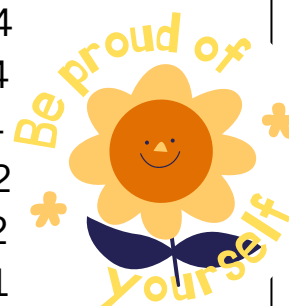
Thing about the Sunny Coast - Beautiful

Beach Walks and Relaxed Lifestyle

Class to attend - Circuit Class

### APRIL TOP VISITORS

- Sharan B. / 29
- Cassandra C-E / 26
- Naomi M. / 24
- Trevor P. / 24
- Edwin P. / 24
- James M. / 22
- Louise B. / 22
- Ashton A. / 21
- Brodie B. / 21
- Glen W. / 20



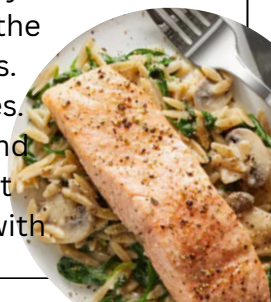
\*Name & Number of Visits

## 15-MINUTE SALMON & CREAMY ORZO WITH SPINACH & MUSHROOMS

#### Ingredients

- 1 ¾ cups low-sodium chicken broth
- ¼ cup heavy cream
- 1 teaspoon garlic powder
- ½ teaspoon salt, divided
- ⅛ teaspoon ground pepper plus ¼ teaspoon, divided
- 1 ½ cups sliced mushrooms
- 1 cup whole-wheat orzo
- 4 cups lightly packed baby spinach
- 2 teaspoons extra-virgin olive oil
- 1 ¾ pounds center-cut salmon, cut into 4 portions

1. Preheat oven to 230°C.
2. Stir broth, cream, garlic powder, ¼ teaspoon salt and ¼ teaspoon pepper together in a large skillet. Add mushrooms and orzo, cover and bring to a boil over high heat. Stir in spinach, reduce heat to maintain a lively simmer, cover and cook until the orzo is tender and the sauce has reduced and thickened, 10 to 12 minutes.
3. Meanwhile, brush oil on both sides of salmon pieces. Sprinkle with the remaining ¼ teaspoon each salt and pepper. Place on a baking sheet and roast until just cooked through, 8 to 10 minutes. Serve the salmon with the orzo.



# MESSAGE FROM FREYJA RESOLVE MANAGER

Hi all,

It is with mixed emotions that I am announcing my resignation as Manager of Resolve Fitness, having carried out the role for nearly 8 years, and having worked for Resolve Fitness for just over 11 years, when we started out providing just a handful of classes in the original building we are now in! There have been many highs and lows to the job. I have loved the journey, the people I have met and of course the amazing members and my awesome team. So many lessons learnt and so many friendships and connections made!

My aim in any area of my life is to help people live their best life and to create a friendly, warm and respectful environment where all people feel welcomed and cared for. I haven't always got it right, but I leave with a sense of pride of what has been created and what the team will continue to create. (It's a tough gig for a team to keep over 800 different members and clients, who walk through our doors each month, happy with all their different wants and needs).

I will miss my work family immensely and hope you will be understanding of the changes ahead for them, and the possible interim period between Managers. The current team truly are the best team I have led at Resolve Fitness and they deserve so much respect for the hard work they carry out.

My work journey is taking me to exciting places and I shall be carrying out the role of Manager-Operations Support for Suncare Community Services, based in Maroochydore, looking after teams from Brisbane up to Rockhampton. My passion for aiding Seniors has led me to this role, which is to help the older people in our Community, by providing in-home services allowing them to continue to live an independent life.

Thanks for the memories all! My last day will be 29<sup>th</sup> May, so drop in and say hi  
Freyja

Did you know we have a Dietitian and Chiropractor on-site.  
If you would like more information see below for their contact details.



Jody Pollard  
jody@totalnd.com.au



## CALOUNDRACHIROPRACTIC

Karen Phillips  
0413 784 861  
caloundrachiropractic@gmail.com



19 WEST TERRACE, CALOUNDRRA, QLD, 4551  
(07) 5436 0222 | REP@CALOUNDRARS.COM.AU

## Resolve Exercise Physiology

Are you recovering from an injury? or feeling pain?

Are you living with a chronic condition?

Struggling with your mental health?

Are you pregnant or have recently given birth?

**Exercise Physiology can help with all of these condition and more!**

**Call us on 07 5436 0222 to find out how we can help you.**

Contact us at [reception@resolvefitness.com.au](mailto:reception@resolvefitness.com.au) via email and check out our website at [ResolveFitness.com.au](http://ResolveFitness.com.au).



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