



The Weigh-In

The Weigh-in is a quarterly newsletter that enables boxing enthusiasts and clients of The Boxing Loft to stay in the loop when it comes to health and fitness tips, upcoming TBL events and news from the thrilling world of professional boxing! Subscribe to the newsletter to find out more about the beautiful people who make up The Boxing Loft family, for fitness tips or to rip-off tunes to groove and workout to from Coach E's iPod.

Boxing News: A Time-line of Women and Boxing



In honour of the upcoming must-not-miss second edition of *The Resonant Bout (Round II)* we figure a brief history lesson on women in boxing is in order.

1720's- Some of the earliest known female staged fights occurred in London, UK, where fighters would punch, kick and use their knees to strike any

Coach E's play list: What is Emile Grooving To?



Classic Bowie is what! David Bowie that is, on the Rogers Cable Television Classic Rock channel (722 for anyone wanting a share in the fun). When Coach E isn't making you do burpees, he's also nodding to classic Rolling Stones, ACDC, The Who and Led Zepplin via the same channel, or listening to the Conscious Reggae channel (728) for more celebratory and mellow reggae beats.

The Boxing Loft Recipe: Super-fast chicken and vegetable curry



Lets celebrate heart month (February) with a heart-healthy recipe, courtesy of the Heart & Stroke Foundation