



Personal Training & Life Coaching

Enjoy weekly inspiration, healthful tips and a monthly fitness challenge. All from the comfort of your own home!

Inspiration

Greetings!

Many of you know me as a Personal Trainer. Some of you know me as a Life Coach. I continue to hone my crafts to blend the two. My wish is that you all know me as your Personal Trainer AND Life Coach! I want to be sure your MIND and BODY are at their best.

Why Coaching?

Would you like to take your life from ordinary to extra-ordinary? Are you ready to experience more balance, fulfillment, and accomplishment? Feel like you have lost direction or confidence in your life, sports or business? **I help reconnect you with their aspirations so you regain the energy and enthusiasm you have been missing.**

The fact is most of us get stuck at some point in our life. We do our best along the way, but then find we could use an outside perspective to **help gain clarity on where to go next, or a good sounding board for our ideas.**

In sports we focus on the NOW... and in life, NOW is the only thing that matters - not the past, not the future. You've likely come to the realization that life is short, so why put off what you most desire just because you may be a little uncertain or even afraid? That's exactly what I'm here to help you overcome.

Through coaching **I help you find your own answers.** You won't hear me telling you what you 'must' do. You grow stronger and more capable



I hope that today is the day that you stop putting yourself off until tomorrow. **Now's the Time** to take one small step towards the person you can become, towards your biggest dreams. **I provide the accountability, the support, motivation, and the encouragement for you to take the small steps to create your momentum in living like a champion.**

Please feel comfortable asking me to put my coaching hat on so I can offer my listening to help you resolve an issue, gain a new perspective or get out of a rut!

when you practice weighing your options and making your own choices. I also provide expert guidance to examine why you DON'T follow through on your plans, because that's going to happen sometimes. Over time I help you learn how to set realistic goals and accomplish them more easily in the future.

Health & Wellness

Find your Balance for Thanksgiving

I'm a firm believer in Balance. In life, with nutrition, and with exercise. One way I manage my nutrition during the holidays is balancing my "must haves" and with "swap" choices. I feel that when we exchange our favorite cravings or indulgence foods for healthier options, we never fully satisfy the mood-boosting impact that food has on us. Instead, **Pick one or two "non-negotiables" and eat them in their normal recipe state. No almond milk/coconut cream/stevia exchanges. The real deal.**



Obviously, food intolerances and allergies are an exception. But if you are making an exchange to reduce calories or not gain weight—this is an easy path towards binging at some point and time. It doesn't make you a "bad" person for enjoying the foods you crave.

Learning to eat these foods in moderation so that you never feel deprived helps you create a loving and balanced relationship with food (and often that deprivation results in the need to overindulge in them, which perpetuates a restrict/reward pattern that is hard to break).

Maybe apple pie is something you can't live without but the bread rolls you can—the bread becomes a "swap choice". Their purpose is to incorporate a more manageable way of balancing needs and wants, and self-regulating without restricting. I also focus my calorie choices on correct portion sizes, proteins, and veggies. The rest is a small taste or a "swap."

Over time, approaching Thanksgiving dinner will become much easier using this balanced approach.

Fitness



Many of you, have logged a lot of miles during the last 7 months of Covid. And many are suffering from overuse or repetitive injuries! IT Band tightness, achilles tendinitis, plantar fasciitis, sore hips and backs are just a few complaints I am hearing and seeing.

Be sure to use a foam roller before and after your walks. When you are doing a highly repetitive movement such as walking, running, swimming, or biking, you're typically overusing some muscles and underusing others—especially if things aren't in perfect balance. The muscles that get overused tend to get tight, and a tight muscle doesn't function properly. When you foam roll, you can help improve symmetrical (ideal) muscle function by 'resetting' tight areas. By taking a few minutes around each workout (and each day if necessary), you can help prevent imbalances and overuse injuries. (If you don't have a foam roller - try a rolling pin!)

[Click here](#) to learn how to foam roll.

Training & Coaching



Get moving! Get healthy!

Join my **Small Group Training** session
Thursdays at 10am on ZOOM
for a fun, group workout.

It's FUN! It's AFFORDABLE!

Most importantly - you'll feel more
confident and stronger. You'll sleep
better, relieve stress and so much
more!

Now's the Time...

Give me a call. (914) 263-8659

[Email me](#) to discuss your specific needs

Personal Training via Zoom, Facetime or outdoors

Life Coaching via Zoom or In-Person