



## Personal Training & Life Coaching

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

### Inspiration

Greetings!

Life is like climbing a mountain. This year the mountain was challenging! As we begin the last month of the year, we need to stop and look around. Look down to see how far we have come and the challenges we faced! Look up and see that we're almost there! And, imagine you are carrying a sack and as you have climbed and hiked this challenging mountain, what **GOLD NUGGETS** have you gathered?

I have gathered these **GOLD NUGGETS**:

- Time is a gift
- Work/Life balance is key
- I've gotten back to my roots and values.
- I've been able to be more creative in both work at in life.
- I got a sewing machine! Something I haven't used in over 25 years! It feels good to re-learn something.
- Connection with family and friends is so important!
- I appreciate the outdoors and being able to enjoy it.
- I don't need/want "stuff"
- I connect with a friend while I take a walk.
- The anticipation of the holidays caused me to think it they weren't going to be the same...and I found the change was a welcome reminder of the value of family time, playing games, and just talking

My list is long...but you get the idea. There's much to appreciate and learn from in these difficult times!



**What about you?**

What does the view look like from where you are now?

What have you learned this year?

How will you do things differently as a result of this year?

What was an accomplishment (both big and small) that you are proud of?

In other words, what are the **"GOLD NUGGETS"** from 2020 that will take with you to 2021?

Now, I can hear some of you - it was a tough year, it has it's challenges...and yes, we are all sick of it. But, look beyond the all of that...dig in. Challenges grow us. They can change our perspective. They make us who we truly are.

Take time to reflect and gather your **GOLD NUGGETS** as we

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## Health & Wellness

### Strengthen Your Immune System

**Be active as often as possible.** Exercise boosts immunity by mobilizing your infection-fighting immune cells. The immune cells activated during and after exercise are the best ones

you have! A heart-pumping 30-40 minute workout 3 or more days a week is key, but less vigorous and shorter bursts of daily activity are also important. Aim for 20-30 minutes of moderate activity daily; or break that up into 2 or 3 10-minute spurts; as long as you elevate your heart rate a bit.



**Make time to slow down.** Stress can interfere with your immune system working properly. When we get worked up our bodies go into fight or flight mode which causes physiological reactions that can lead to high levels of inflammation. When inflammation levels remain high, the immune system doesn't work as well when you need to fight an infection. Meditation and yoga are effective tools but they aren't for everyone. Bottom line - find ways to slow down and manage your stress! Use a journal or go for a walk.

**Eat citrus & berries.** Vitamins C and E are antioxidants that help to destroy free radicals and support the body's natural immune response. Sources of vitamin C include grapefruit, **oranges**, strawberries, mangoes, **lemons**, and other fruits and vegetables. Kiwi are high in Vitamin E as are sunflower seeds and almonds. **Berries** have immune-boosting benefits due to their polyphenol content, a type of plant antioxidant that gives blueberries and other berries like blackberries, strawberries and cranberries their vibrant color. Polyphenols are linked to countering cell damage and interacting with our gut bacteria to reduce inflammation and enhance immune response.

**Stick to a routine.** Try to eat, sleep and exercise at the same time everyday. This keeps your circadian rhythm stable. Immune cells follow an internal clock and work best when that clock isn't disrupted.

**Find bits of happiness.** Mental health is very connected to immune health. Try to find joy in everyday moments. Enjoy a chat with a friend, read a book, learn something new. Make time to do things that you love!

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## Fitness



### Motivation and Training:

As we now move into the winter months and Covid numbers are again increasing...it may be a little harder to find the motivation to exercise. Don't let that be an excuse!

**Prioritize your workouts.** Put your fitness schedule on your calendar (in ink). You wouldn't



cancel your appointment with your doctor because you were busy with work or just didn't feel like it at that moment. Rather, you'd fulfill your obligation and then return to work afterwards.

**Workout at the time that's right for you** Completing your workout in the morning can energize you and set a positive tone for the rest of the day. Others find it helpful to take a break from work and get moving in the afternoon when their energy is flagging. A burst of activity can stimulate the brain and help you push through the rest of the tasks on your to-do list.

**Be specific in your goals—and track your workouts.** Rather than aim to "get in better shape," set a concrete goal such as "walk 30 minutes in the morning on Monday/Wednesday/Friday/Saturday." Try one of the many fitness trackers or smartphone apps available to keep a record of your progress—or simply use a calendar to note the length of your workout, distance, and effort level. Tracking your progress can help keep you accountable, provide a sense of accomplishment, and encourage you to keep going.

**Say it out loud.** Tell a friend, tell me, what your fitness goals are. You're less likely to skip a session if you know your friends will be asking about how you are doing. (Accountability!) And if they give you positive feedback, it will give you a boost to stay with it. Working out with a buddy can also help keep you on track. Set up regular times to exercise together—either at a social distance or on a phone or video call.

And, of course, if you need some motivation to get started...then **contact me**. Start with 4 sessions to get a jump start. You don't have to commit to a long term program. You just need to remind yourself how much better you feel when you exercise. It might just give you the kick in pants that you need!

## Training & Coaching



**Get moving! Get healthy!**  
**Small Group Training Sessions**  
Fun, affordable and effective

**Fit Women 45 - 60 yrs:**  
Thursdays at 10am on ZOOM  
for a fun, group workout.

**Women 60 +**  
Thursdays at 1pm on ZOOM  
Balance, Strength and Connection

**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