



## Personal Training & Life Coaching

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

### Inspiration

Greetings!

I had a card reading a few weeks ago. I don't have readings done very often but what I like about them is that it gets me thinking about my life, where I am, and where I am going. And, I'm always open to hearing what might show up for me in a reading that I may or may not be aware of. Since I just came out of a big life transition, I was certainly open to new ideas and changes.

My reading indicated that I should be writing. And, writing something with my name on it. Of course, I thought of this newsletter. I now keep thinking about what I have to say, what I would write if I were to write a book....it's been great to mull all of that around in my head! (I've started writing down some topics)



So my inspiration and thoughts for you is this:

**Each of our lives is it's own book, filled with stories and lessons.**

- What's going on in this chapter?
- What stories do you have to tell?
- What are the valuable lessons you have learned?
- How do you want this chapter to turn out?

### Health & Wellness

The Covid pause has allowed many to start gardens this summer. One of my favorite things to make with the abundance of tomatoes and cucumbers is Gazpacho.

Here's a good [Gazpacho recipe](#) from Food Network.



# Fitness

Now's The Time						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1. Deep stretch	2. REST
3 10 Squats 10 Lunges 10 Chest press	4 Plank: 30 sec Squat up Burrp curls	5 Hip bridges Chest press Curry Lunge	6 Bird dogs Jump Squat Squats	7 Crunch to punch Walking Lunge High Knees	8 Outdoor walk/run	9 REST
10 15 squats 15 Lunges 15 Chest press	11 Plank: 45 sec Squat up to burp curl Mountain Climbers	12 Hip bridge with Chest Press Curry lunge to knee up Reverse lunge step	13 High knees Duckoff to front row Reverse lunge step	14 Crunch to press Walking Lunge Burrp curls	15 Swim	16 REST
17 20 squats 20 Lunges 20 Chest press	18 Mountain climbers Push up from knees Burrpman hold 17x15:30:30	19 Over top hip bridge Curry lunge to back Burrp over row to 17x15:30:30	20 Bird dog - elbow to knee Duckoff to reverse lunge jumping jacks	21 Crunch to 4 punches Walking lunge Burrp curls	22 Bike	23 REST
24 25 squats 25 Lunges 25 Chest press	25 Mountain climbers w/feet on towels Push up Plank 1 minute	26 Over bridge squat half plow at knees Burrp Twists Curry lunge to side lateral arm raise	27 High knee Split stance duckoff Lateral lunge	28 Crunch 10 rep Penalium lunge Burrp over alternating row	29 Bike somewhere new	30 REST
31 30 squats 30 Lunges 30 Chest press						

To keep you challenged and moving this month - I created an August Fitness Calendar. [Click here](#) to download your copy. There's a workout for you to do each day!

If you have questions about it - ask me!

## Training & Coaching

Get moving! Get healthy! Get out of your own way!

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, Facetime, Skype

