



## Personal Training & Life Coaching

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

### Inspiration

Greetings!

**"If you don't sacrifice for what you want, what you want becomes the sacrifice." - Unknown**

I read and re-reread that quote a few times. Then had a realization. When I was working at Saw Mill Club there were sacrifices I made. And what I wanted became the sacrifice!! Like a better work/life balance and family time.

I'm now consciously choose the sacrifices for what I want. I'll sacrifice a glass of wine or ice cream because I want to sleep well and stay within my weight. I'll sacrifice working 10-hour, non-stop days to get what I want...a better life balance! I'll sacrifice buying those new sneakers or workout clothes while I wait for my business to grow.

**You don't have to give up everything you love...but you do need to make thoughtful decisions about your time and choices.**



In the moment it may seem you are leaving or sacrificing something of value or enticement. But, in the end, the decision or choices that align with what you want will propel you forward.

What will **you** sacrifice so that it's not sacrificing what you want?

### Health & Wellness

Another yummy "right from the garden" recipe:  
**Watermelon Salad with Feta, Cucumber & Mint**

#### INGREDIENTS

- 3 cups watermelon cubed or balled
- 1 1/2 cups sliced cucumber; seeds removed
- 2 tablespoons mint thinly sliced or small mint leaves
- 1/3 cup feta cheese; crumbled
- 3 tablespoons olive oil

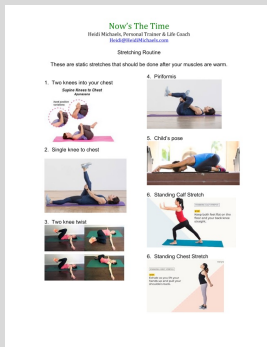
- 1 tablespoon lime juice
- salt and pepper to taste

#### INSTRUCTIONS

- Place the watermelon, cucumber and mint in a large bowl.
- In a small bowl, whisk together the olive oil, lime juice and salt and pepper.
- Drizzle the dressing over the melon mixture and toss to coat. Sprinkle with feta and serve.



## Fitness



There are 5 components to fitness. One of them being flexibility! Incorporate some stretching time after your workout. I've created a stretching routine for you to try.

If you have questions about it - ask me!

[Click here](#) for a copy.

## 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 or In-Person

