



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'm inspired by people who are positive, don't let things stand in their way, and keep on keepin' on. I'm inspired by people who attack mental and physical challenges.

If you remember, I offered a Summer 2020 challenge to walk 202.0 miles from Memorial Day to Labor Day. Well, **the winner of this challenge is Georgina Marek!** Through the heat and humidity of the summer Georgina consistently logged her walking miles each week! She walked over 202 miles! Congratulations, Georgina!!

Georgina serves as an inspiration to all of us. Georgina has a lung condition that compromises her ability to breathe. She gets very winded and wheezy very easily. She doesn't let that stop her!



Georgina trains twice a week and always comes to the session, no matter how she's feeling, with a "Can Do" attitude. Georgina is always positive and doesn't let her breathing challenges stop her.

Who inspires you?

How do you push through your challenges?

Health & Wellness

Healthy Apple Muffins

I am always looking for healthy alternatives to recipes I have enjoyed throughout my life. My mother is a great baker and always had fresh muffins for breakfast.

These muffins are moist and delicious and have ingredients like whole wheat flour, honey, maple syrup, greek yogurt and applesauce. Give them a try!!

[Click here](#) for the recipe.



Fitness



Do you find it challenging to meditate? Can't sit still? Can't clear your mind? I find Walking Meditation works well for me. It's a way to be more conscious of your body and mind and move at the same time. Give it a try for 10 minutes during your daily walk!

Walking Meditation #1: Focus on Your Feet

This technique is very simple. The focus is the sensations of your feet, noticing the pattern of lifting, pushing and dropping of your feet as you walk. Your eyes are aimed a few steps ahead, your keen awareness of each foot, as you place it on the ground. With each step, notice the contact of your foot with the ground. Notice what your feet do as you take each step. (And notice means without judgement!)

As you walk, you will notice that your mind will inevitably wander from this focus. The skill to develop is refocusing your awareness to the sensations of your feet, observing each component of the walking pattern, each time it takes place. Eventually you will notice all six of the components of walking—raising, lifting, pushing, dropping, touching, and pressing. You can even chant the components (raise, lift, push, drop, touch, press) softly as you walk. Obviously, the goal of walking meditation is to calm the mind, not send it spinning. So take 10 minutes of your power walk and slow it down and meditate!

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