



## Personal Training & Life Coaching

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

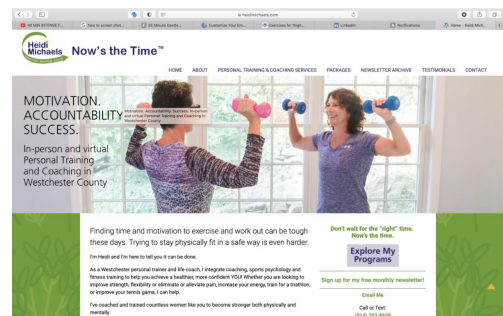
### Inspiration

Greetings!

Hello 2021!! We welcome you with open arms! With the New Year comes the chance to set new intentions, goals or resolutions. And, it's a time of fresh starts, of new beginnings!

I'm excited to announce the launch of my new website, [heidimichaels.com](http://heidimichaels.com). It's been a project in the works for a few months now. Creating a website required a thorough review of who I am and what I offer. It's a challenge to find the just the right words that will speak to a potential client and visual photos to demonstrate what I do. I hope I have found the words, the pictures and the feeling of my website to talk to women 45 and over to feel safe, welcome, and ready to start on their fitness journey with me.

January 2021 is the start of a big year of positive changes for me and my business as I strive to impact and be part of women's health and fitness journeys! Please take a look at my new site. Post it on your social media, share it with your friends and family!



**Now's the Time** is the name of my business and my philosophy. Read more by visiting [my website](http://mywebsite.com).

### Health & Wellness

**YUM! Chocolate Granola!**

I enjoy learning and looking for ways improve my health through nutrition. From drinking more water, to finding ways to make favorite recipes healthier, to trying new ingredients - it's a fun

way to improve my health and increase my knowledge. And, instead of focusing on losing weight, which will happen with better nutrition, I focus on small tweaks to eat healthier!

My most recent tweak to my diet has been switching from fruit based Greek yogurt to plain yogurt. By switching I am removing a bit more sugar from my diet. I have been having fun mixing in a dab of honey, or almond butter, pumpkin or blueberries. In addition, I made my own **Chocolate Granola!** I plan to improve on my granola making skills by trying different combinations. [Here's the recipe](#)...hope you enjoy!



## Fitness



### Motivation and Training:

As we move into the winter months, it may be a little harder to find the motivation to exercise. Don't let that be an excuse! Remember, I am a life coach and I'm here to listen, coach you through your hurdles and help you get moving!

When you say NO to exercise time, what are you saying YES to? (Being lazy, staying in your rut, allowing yourself to accept your excuses?). When you say YES to exercise time, what are you saying NO to? (No more procrastination, NO more to staying in your rut, NO more excuses?). I encourage you to explore what you need to say NO to so that you can say YES to being motivated and ready to be your healthiest self.

**Exercise and health are not just physical...it's mental strength as well! Be strong to get strong!**

Need motivation? [Contact me](#) - no strings attached...and we'll just talk - I promise you will feel more motivated afterwards!

## Training & Coaching



**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!

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

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

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

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