



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 was recently listening to a Tim Ferris podcast interview with author Jim Collins that was filled with nuggets of wisdom. Jim recalled a college class in which his professor, Rochelle Meyers, asked students:

"If you woke up tomorrow morning and you discovered you had only 10 years to live, what would you stop doing?"

That's been a question that has stayed on my mind. When we're in college it's easy to think in 10 year increments. As we age...10 years feels a bit different. I say to myself, what if I only had 1 year to live? 5 years? What would I stop doing?

Stop worrying?
Stop complaining?
Stop putting things off...

- exercise,
- eating better,
- scheduling your mammogram, dentist appointments, etc.
- calling a friend

Then I ask myself, how would that impact my life? How would it impact my family? My friends? My clients?

I asked one of my young 18 year old clients, how she'd answer the question if she only had 5 years to live. She said, she'd stop going to school and travel the world. She'd learn more that way and go on some great adventures!



What about you?
What would you stop doing if you knew you only had 5 years to live?
How would it impact your life?
What if you stopped now?

Health & Wellness

Here we are, February 2020! We have survived a relatively mild January and then February ushered in a huge snowstorm! Winter is here! Temperatures have dropped and Covid continues to keep us socially distanced and adapting to our new way of life. I'm hearing from many of my clients a continued feeling of (Covid) fatigue. It's mentally challenging to not only have to social distance but with the colder, snowy weather, it's harder to get outside.

Staying healthy mentally and physically requires us to be proactive. It's important to stay active, to keep in touch with family and friends, to be involved in activities that we enjoy and to fuel our bodies with healthy nutrients. It sure is easy to gain the "COVID 19lbs".

I encourage each of you to think about and take action on at least one activity that has heart and meaning to you. Volunteer to donate food to a needy family, build a snowman outside of someone's window (Make it upside down to add some fun!), dig out your snowshoes, try your hand at a Paint by Number, or a jigsaw puzzle. Challenge a friend to complete 10,000 steps each day! Dance to your favorite music. Play the piano or learn to! You get the idea, have FUN!



Fitness



Motivation and Training:

Exercise and healthy living is about being consistent. Being consistently consistent about making small changes. Start today by being your own leader and doing something pro-active for your health and well-being.

Try TEMPTATION BUNDLING:

Begin by creating a list of temptations. That is, things you love to do, eat, or experience, but which you realize you need to limit. This can include watching TV, eating certain types of foods, reading addictive fiction novels, and so on. This is "List A".

Then, create a list of "should" behaviors. That is, things you should be doing in order to achieve your goals, but which you tend to procrastinate on. This can include things such as studying, working on important but dull reports, exercising, eating more vegetables, and so on. This is "List B".

Lastly, bundle items from "List A" with items from "List B".

For example, If you love watching your favorite NetFlix shows but you hate stretching, only allow yourself to watch these shows while you stretch.

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

Training & Coaching



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 12:30pm on ZOOM
Balance, Strength and Connection
(additional days/times available)

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