



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 have now been writing these newsletters for one year! At first topics were easy. And there are times I'm not sure what my next topic will be. But, somehow the right topic appears.

This month, my topic came to me after my husband had a medical issue that will require him to make some changes in his lifestyle. (No, he doesn't exercise regularly or like to eat healthy like me!). I told him he can't make radical changes or stop doing or having the "not healthy" things he likes, all at once. I told him, change just one thing. Changing one thing will lead to wanting to change another.

This message or topic of changing one thing was reinforced as I listened to an Oprah podcast. Oprah's podcast was "Do One Thing differently." You can listen to it [here](#).

Doing something differently or making one small change can lead to a big impact. We can take control of the process of change and create new patterns.



So, what about you? What part of your life needs some improvement? What's one thing you could do differently?

- take time to greet a family member coming in the door
- make breakfast
- be kinder on the road
- exercise first thing in the morning - instead of putting it off.

Health & Wellness

When we change the thoughts we have - we change our lives. How do you talk to yourself? If you change one thought you have about yourself, how would it impact you?

Try these thought changers:



- Change should to could. ie: I should exercise. vs. I could exercise. Could allows you to have choice. Should is a guilt word.
- Change "this is hard" to "this is a challenge"
- Instead of "No, but..." try "Yes, and...."
- Instead of "I'm trying". try "I am"
- If you can't believe this statement, "I am strong" or "I am healthy" try "I am BECOMING stronger" and "I am BECOMING healthier"

Fitness



Spell Your Name Workout

A. 10 Squats	N. 30 Dead bugs
B. 25 crunches	O. 15 Plank leg taps
C. 10 Jumping Jacks	P. 20 Pulsing lunges
D. 1 Minute Plank	Q. 10 Burpees
E. 10 Push ups	R. 30-second side plank
F. 15 Jumping Jacks	S. 15 High knees
G. 20 Lunges	T. 30 Rev Lunges
H. 20 Pendulum lunges	U. 20 Jump squats
I. 1 minute wall sit	V. 20 Curtsy lunges
J. 20 bicycle crunches	W. 1 minute wall sit
K. 15 bicep curls	X. 20 Burpees
L. 15 sumo squats	Y. 15 Push ups
M. 30 step-ups on a step	Z. 20 Sit to Stands

If you aren't sure how to do an exercise, ask me. Heidi@Heidimichaels.com

Motivation and Training:

Here's a fun workout. It's called [SPELL YOUR NAME](#).

Start by spelling your full name and completing each exercise next to each letter.

Then get creative...spell your children's names, spell your name backwards, spell a sentence; "Springtime FUN" or "Heidi Gets me Moving!" or "Playing the Xylophone is very hard!"

Have fun with it. If you have questions, [Contact me](#), I'm happy to explain any of the exercises.

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 +
****Wednesdays (NEW CLASS) 1pm**
 Thursdays at 12:30pm
 on ZOOM
 Balance, Strength and Connection
 (additional days/times available)

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

