



Personal Training & Life Coaching

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

Inspiration

Greetings!

Reflections on my 57th year as I turned 58 on April 25, thirteen months into this global pandemic....

I began this circle around the sun feeling as though life was "on hold" as I had known it. The pandemic had descended and I no longer was waking up at 5:20am to leave for work at 6:20am. I was finding new, virtual ways to work with my clients, finding joy in house projects, and making delicious dinners. I found cutting the lawn and cleaning the house was actually relaxing. And I got to take long walks around a neighborhood I barely knew because I was never home.

I also felt equipped for this pandemic, in a way. I had been through enough "life upsets" in my life to have tools to deal with this upheaval. For example, I knew to stay with a daily routine.

In these last 12 months, I realized that much has changed (for the better) and I have so much to be thankful for.

Some highlights:

- I cook every meal at home. When we have take out - I have a new appreciation for restaurant food and a break from cooking.
- Cutting the lawn and cleaning my own house has also given me an appreciation for having the ability, in the past, to have these things done for me.
- Grandchildren grow and change so much in one year. Staying part of their life, in a



This 365 day circle around the sun has been one filled with learning, adapting, growing, appreciation, impatience, anticipation and more.

What about you? How would you sum up your last 365 days around the sun?

remote way, meant reading bedtime stories over FaceTime and helping with school work over zoom.

- My life balance was a key reason I left my old job. Today my balance is satisfying. I blend my time with a morning workout, my clients, jigsaw puzzles, working around the house, long walks, and my husband.
- I've come to really appreciate "less is more". Being less busy, less complications, less demands...allows for less stress and a MORE fulfilling life.
- I cried last week seeing my Mom and Dad in person - for the first time in months, after Facetime talks, I savor the time we spend with family
- We have adapted to a new way of life; wearing face masks, social distance, vaccines. WE ARE resilient.


Health & Wellness

Eating healthy requires planning. That's why preparing a weekly or daily menu is key. I use Sunday as my planning day for the week. I love making salads that we can enjoy as a side for Sunday dinner then I use it as my lunch during the week. Having something healthy waiting in the fridge prevents last-minute, reckless hungry choices.



Here's a fun spring salad I enjoy: [Chickpea Salad with Mango Dressing](#).

Fitness

 **Now's the Time™**
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Here's a workout based on simple movements.

1) Planks
Lie face down with your forearms extended, elbows directly under your shoulders, and palms on the floor. Extend your legs and rise up on the toes. Keep your back straight, your neck aligned with your spine, squeeze your butt muscles, give your ribs a hug, belly button to your spine and press your heels away from you. Hold the position for as long as possible - aim for 30-60 seconds. For those who can, hold this position for as long as you can.

Planks help with improving the flexibility of your posterior muscles, balance, posture, tones your stomach, strengthens your core and helps to reduce back pain.

2) Squats
Stand with your feet parallel about hip distance apart. Put a chair behind you. Slowly hinge your hips and bend your knees until your butt taps the front of the chair seat. Make sure to keep your weight in your heels when you sit back to ensure your knees don't go beyond your toes. Push through your heels to return to a standing position. Do 8-10 repetitions and start by doing 2-3 sets with 10-15 second breaks in between

Squats are a great way to train and strengthen your lower body muscles. Increases flexibility of your joints making them supple and preventing injury.

3) Push Up
Option #1: Push up from your knees
Start with your hands about shoulder distance apart, with your wrists under your shoulders. Keep your knees bent underneath you with hips towards the floor. Slowly lower your body toward the floor by bending your arms from the elbow. Keep your back straight and body parallel to the ground. Hold for 2 counts and then start coming back up slowly by pushing the floor with your palms. Do 8-10 repetitions

Motivation and Training:

It's NOT easy, but it's worth it!

As we age, working out becomes more and more a necessity - not a luxury. Getting started is the hardest part...and sometimes sticky with it can be challenging as well. Nine out of ten times, you feel better having completed an exercise session than not doing one at all. So, if you need motivation, do this [5 Exercise Workout](#) and notice how much better you feel having done it.

Try incorporating this workout into your week and then build on it. Remember, exercise is a necessity...not a luxury. Find time, find easy ways to incorporate 30 minutes of exercise into your day.

Training & Coaching



Get moving! Get healthy!

Been thinking about working out..but not getting it done?

Don't want to go to a gym?

Does an hour session feel too much right now?

I offer 30-minute sessions

Fun,affordable and effective

[Contact me](#) to discuss your needs!

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