



## Personal Training & Life Coaching

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

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### Inspiration

Greetings!

Many of you know I used to compete in Triathlons. The training for the race was my favorite part. It provided me with structure and purpose for my workouts each day. Each workout brought me closer and closer to my goal of doing my best at the event.

I've missed my purposeful, goal oriented, athletic workouts. So, I decided to join the "Adult Swim Class" at the local town pool. The class meets twice a week at 6:30am!

I found myself a little nervous before the first class. I haven't swam for an hour in over 3 years. Could I keep up? Was I going to be exhausted the rest of the day? What level are the other swimmers? I went to the class with those questions floating in my head...and when I arrived, I found that everyone had the same jitters. And, everyone was so nice. We got into the pool that first early morning and I found myself immediately feeling a sense of satisfaction. It brought me back to my purposeful, meaningful, goal oriented, athletic self.

The hardest part, truly, was my own head. My body thanked me for restarting and getting back to something my body really needed and wanted. The swim workouts provide me with a way to feel athletic, accomplished and striving to improve my strokes. It's awesome to start my day feeling that way!



So, what about you?

What makes you feel purposeful, meaningful, and aligned with yourself?

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# Health & Wellness

## Medical Journal

A client of mine mentioned her "Medical Journal" she keeps. In there she has doctor contact information, important dates, shot records, and notes about important procedures or appointments, etc.

What a valuable and smart thing to have! (I have to say, that I have a folder of papers...but it's not organized into an easy to carry journal!).

I have started pulling out doctors names, addresses, past lab results, notes from important visits, etc. and I'm organizing them into a binder. No more questions like, "When was the last time I saw my X doctor?" or "When was the last time I had a tetanus shot."

You never know when you or a loved one will need your health history. It's a good idea to take the time to get it organized!

**MEDICAL HISTORY**

Current Physician Name/Number: \_\_\_\_\_  
Current Pharmacy Name/Number: \_\_\_\_\_

**CURRENT / PAST MEDICATIONS**

name	dose	frequency	starting	ending	physician	purpose

**SURGICAL PROCEDURES**

date	procedure	physician	hospital	notes

**MAJOR ILLNESSES**

illness	start	end	physician	treatment notes

**VACCINATIONS**

name	date	same	date
tetanus			
influenza vaccine			
Zostavax			
other vaccine			

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## Fitness



### Motivation and Training:

**JULY SUMMER CAMP** is underway. (Watch for additional information to follow.) It's a concept that I am very excited about and want to develop. What if...you could take a week or weekend to enjoy some physical challenges, have time to unleash your playful, fun, creative self, meet other like-minded women, break out of your typical routine and feel like a kid again going to "camp?" Stay tuned...as I continue to plan and make this a reality!

In the meantime....

My **July Challenge** to you is....Find an activity that you haven't been doing because of Covid and get back to it! You can name your activity - it's whatever you enjoy. Then...

[Email me](#) and let me know what you will be doing and how it felt to get back into something you miss.

## 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!**

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

Don't want to go to a gym?

Does life just seem to get in your way?

Try a session to find your motivation and commitment to getting started on a healthier YOU.

**Fun,affordable and effective**

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

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