



## Personal Training & Life Coaching

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

### Inspiration

Greetings!

WOW, where did the summer go? Weren't we just celebrating Memorial Day?

My business name is "Now's the Time" because it's been my philosophy that we tend to take for granted that we'll have tomorrow, or another month, or year. When we put things off: ("I'm not ready," "I'll do it tomorrow," or "I am not sure how to start") we stay stuck. They are just excuses, really. And, more wasted time passes us by.

What I have found is when we make time for important things, like physical fitness, whether it's a half-hour walk around the neighborhood, a yoga class via YouTube, a sweaty workout with a trainer or playing catch with our kids, we are NOT stealing from other aspects of our lives. We are actually making it possible to live our lives productively! (I can't think of any other choice I can make with my time that gives me a better return on my investment!)

According to the World Health Organization, the very minimum of physical activity you should aim for is 150 minutes of moderate exercise (like walking or swimming) or 75 minutes of vigorous exercise (like running) each week. Just think about the amount of time you use surfing the web, looking at social media or watching Netflix.

What's the return on that investment? How might you use your time differently?



September is a great time to change things up.

- Adopt a "No Excuses" mindset
- Let go of old routines and habits. Create new ones.
- Let go of old beliefs. Create new more positive ones.
- Let go of waiting. Just start.

### Chickpea-Apple-Broccoli Salad with Honey Dijon Dressing

#### Ingredients

- 1 head broccoli, very finely chopped
- 1 (15 ounce) can of chickpeas, rinsed and drained
- 2 cups diced honeycrisp apples (from about 2 medium honeycrisp apples)
- 1 cup shredded carrots (or 1 cup matchstick cut carrots)
- 1/3 cup diced green onion
- 1/3 cup dried cherries
- 1/3 cup chopped pecans
- 1/2 cup chopped flat leaf parsley
- 3 tablespoons olive oil
- 1 1/2 tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- 1/2 tablespoon honey
- 1 clove of garlic, minced
- Freshly ground salt and pepper, to taste
- Extra cherries and pecans



#### Instructions:

In a large bowl, add finely chopped broccoli, chickpeas, apples, carrots, green onion, dried cherries, pecans, and parsley. Set aside.

Make the dressing by whisking together the following ingredients in a small bowl: olive oil, apple cider vinegar, dijon mustard, honey, garlic, salt and pepper. Immediately drizzle over salad and toss to combine.

Taste and add more salt and pepper, if necessary. Garnish with extra cherries and pecans and serve immediately or place in the fridge for later. Salad will keep well up to 5 days. Serves 4.

### Fitness Challenge



As I mentioned, the World Health Organization requires 150 minutes of moderate exercise each week. That's just 30 minutes, 5 days a week or 25 minutes 6 days a week. And, trust me, I know that making time is easier said than done. And, I also know that it's much easier to make the time when you have an appointment or other people to do it with!

I challenge each of you to get your 150 miles each week. Run, walk, swim, hike...whatever you choose. JUST DO IT!

To help you attain some of your 150 minutes join me on Tuesday, October 5th for a hike.

WHERE:

Marion Yarrow Preserve in Katonah on **Tuesday, October 5 at 3:30PM**. It's not a hard one, it's a hike that all can enjoy! Come enjoy a beautiful hike through a preserve.

Wear long pants, high sox and sturdy shoes. Insect or tick repellent a good idea!

Directions:

- I-684 to exit 6; east on Rt. 35 to North Salem Road.
- Turn left on North Salem Road and follow for 0.25 miles to Mt. Holly Road.
- Turn right (east) onto Mount Holly Road for 1.5 miles to a sharp left.
- Make the left turn & continue on Mt. Holly Road 0.3 mile past intersection with Holly Hill Lane.
- Preserve is on the right.

We will meet at the trail head on Mount Holly Road, Katonah.

**\*\*Parking area is small. Some may need to park further up the road.**

[Email me](#) to sign up.

## 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!**

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

**Personal Training** 30 or 55-minute sessions

**Water Aerobics.** Wednesdays at 4:00pm. (Space is limited)

**Fit & Fifty** Tuesdays & Thursdays 10:00am (This is a challenging workout!)

**Strength & Balance** Thursdays at 12:30pm.

**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

