



Personal Training & Life Coaching

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

Inspiration

Greetings!

"It's not primarily our physical selves that limit us but rather our mindset about our physical limits."

- Ellen J. Langer.

I found the above quote by Ellen J. Langer, who is a psychology professor at Harvard, to be a reminder of why I do what I do. Our minds are a powerful muscle and often create the picture of our life.

I've heard many of my clients complain about the weight they have gained during this year or the lack of motivation to exercise. Our minds will add further insult to us by having thoughts that further our beliefs about our bodies or our exercise.

What is it that you believe about your body?
What messages does your brain send to your body?

- That you are too fat, too weak, you can't...
- Your physical limitations give you a good excuse?
- Does your brain encourage your body, believe in its capabilities, that you can do one more, or finish strong?



Before and/or after your workout - think of three things you are grateful for that your body did or will do.

Some ideas:

Thank your body for:

- doing what it can do
- putting in a good effort
- it's amazing complexity

You get the idea...now put that into action. Talk nicely to your body (like you would talk to your best friend) and listen to it's wisdom.

Our mindset about our physical capabilities has a lot to do with our workout achievement.

Health & Wellness

Did you know that dates are good for brain function and constipation?

Some fun facts about dates:

- May be helpful for lowering inflammation and preventing plaques from forming in the brain, which is important for preventing Alzheimer's disease.
- Contain several types of antioxidants that may help prevent the development of certain chronic illnesses, such as heart disease, cancer, Alzheimer's and diabetes.
- High in fiber, which may be beneficial for preventing constipation and controlling blood sugar.
- Have a natural balance of minerals such as calcium, magnesium, manganese, zinc, copper, iron, selenium and potassium. All of these minerals work in harmony to help lower blood pressure on a daily basis.
- Are also very sticky, which makes them useful as a binder in baked goods, such as cookies and bars. You can also combine dates with nuts, nut butters, soft cheese, and seeds to make healthy energy balls, as in [this Amazeballs recipe](#).
- You can use dates to sweeten salad dressings and marinades, or blend them into smoothies and oatmeal.



It is important to note that dates are high in calories and their sweet taste makes them easy to overeat. For this reason, they are best consumed in moderation.

Fitness



Motivation and Training:

Exercise doesn't only benefit your physical body - it benefits your mental self too. Getting 2 1/2 hours of moderate aerobic exercise plus 2 muscle strengthening workouts each week will **boost endorphins!** Endorphins improve your mood, fight pain, slow adrenaline - which in turn lowers heart rate of anxiety.

The benefits of exercise are many:

- more energy - less fatigue
- improved bone density
- mood enhancer - increased endorphins and serotonin levels
- better quality sleep
- improved range of motion
- sense of well- being
- improved vital statistics
- muscle strength and endurance
- self confidence

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 +
****Wednesdays (NEW CLASS) 1pm**
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