



## 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!

It's JUNE! The weather is warmer, the days are longer, the flowers are blooming! The month of June marks the end of school and begins the summer. I find the summer and the longer days to be what I enjoy most. I love getting up early with the sun and enjoying the long days.

The longer days makes me feel like I have been given extra time. Instead of being inside (doing puzzles), I'm more apt to be outside; walking, hiking, mowing the lawn, meeting a friend for an iced coffee, etc. The abundance of light allows me to feel I have more time. What a gift!

I am at my best when I know I have made choices to spend my time wisely and with purpose.

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What about you?

How do you spend your time?  
Who, what and where do you choose to spend your time?  
Are you spending wisely?  
Could you spend it differently?

### Health & Wellness

#### Halibut with Avocado-Pineapple Salsa

I love when the weather changes and meals become lighter. This recipe is delicious with Halibut, Swordfish or any other white fish you enjoy. It's a nice blend of protein, healthy fats and fresh produce.

Try [halibut-avocado-pineapple-salsa](#) and let me know how you enjoy it!





## Motivation and Training:

Have you lost motivation to exercise? Eat healthy? Attack a big project? I was doing a little research about motivation and came upon a Top 10 list of ways to get motivated. The first suggestion on the list was:

1. *Get Social* - join a group or partner up with a friend.

I've been training two groups of women and it's been fun to see them develop bonds and gain strength and stamina all at the same time. I notice that a session will start and everyone checks in with one another, wonders where others are and they encourage each other to work hard. They form a bond and see that others can struggle with an exercise too! The group creates an accountability and a motivation to come to class each week.

As a kid, I used to go to sleep-away camp for a week or two. Camp provided me with a way to try new things, experience things I may not be able to during the year and form new friendships. I loved trying out archery, or swimming in a lake, canoeing down the Delaware River, or making something in arts and crafts. The variety and challenges were fun.

This July, I am offering a "Summer Camp" for women. It's a time for women to come together each week for an hour or so to try new things. Hike a new trail, try water aerobics, kayak on a lake, try an arts and craft project, experience Tai Chi.

Need some motivation to get moving, to exercise, to meet new people, break out of your routine? Let's heed to the advice I found in that article about motivation, "GET SOCIAL - JOIN A GROUP or PARTNER UP with a friend."

I'm putting together the details now for my **JULY SUMMER CAMP** experience. Will you join me?

[Email me](#) for additional information.

## Training & Coaching



It's **FUN!** It's **AFFORDABLE!**

### **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 coaching session to find your motivation and commitment to getting started on a healthier YOU.

Most importantly - you'll feel more confident and stronger. You'll sleep better, relieve stress and so much more!

**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