



Personal Training & Life Coaching

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

Inspiration

Greetings!

Ah, vacation. I haven't been on vacation with my family in a few years. As I write this, I am sitting on a sun porch overlooking the Long Island Sound in Westbrook, CT. My daughter, Elyssa is here with Chase, my grandson, and my other four kids with their spouses, girl friend and kids were all here over the weekend.

Now as I sit looking at the stillness of the morning, the water has hardly a ripple and the sun begins to shine, I'm enjoying the peaceful quietness. Nowhere to run to, no sessions to prep for, no agenda for today. It's a rather nice place to be...for now.

However, this is not a pace I can maintain. It's a pace I can appreciate as a break from my usual hustle and bustle. I need the interactions of friends, clients, family. I need a plan for my day. I need purpose to my day. I need a certain pace.



Vacation...it can mean different things to different people. Vacation has a pace to it...what is yours? For some it's touring a city, for others it's basking in the sun and yet for others it's hiking, biking and being active. Whatever your vacation pace means to you I hope you find time this summer to experience it, appreciate it and make memories with it!

Health & Wellness

What's the first thing you do when you wake up in the morning? Do you grab your cell phone? Do you take a moment to appreciate a new day? Or do you just get up and start your day without much thought?

Drinking **water first thing in the morning immediately helps rehydrate the body**. The six to eight hours of recommended nightly sleep is a long period to go without any water

consumption. Drinking a glass or two of water right when you wake up, however, is a good way to quickly rehydrate your body.

Benefits of drinking water

Water keeps every system in the body functioning properly. The Harvard Medical School Special Health Report [6-Week Plan for Health Eating](#) notes that water has many important jobs, such as:

- carrying nutrients and oxygen to your cells
- flushing bacteria from your bladder
- aiding digestion
- preventing constipation
- normalizing blood pressure
- stabilizing the heartbeat
- cushioning joints
- protecting organs and tissues
- regulating body temperature
- maintaining electrolyte (sodium) balance.



So keep a re-fillable water bottle with you all day. A general rule of thumb for healthy people is to drink two to three cups of water per hour, or more if you're sweating heavily.

Fitness



Motivation and Training:

This summer my theme was "explore". I created "Summer Camp 2021" so that clients could explore fun ways to be physical and connect with other women. I'll be continuing to offer the following Small Group activities. Let me know if you would like to explore one or two!

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

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

Strength & Balance Thursday. 12:30pm.

Hike Thursday, August 19th 4:00pm (Accessible hike for all levels, Mount Holly area of Katonah)

Personal Training via Zoom. (55 minute or 30 minute sessions)

[Email me](#) to sign up.

Training & Coaching

Get moving! Get healthy!



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!

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