



## Personal Training & Life Coaching

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

### Inspiration

Greetings!

Aging. We're all doing it! But, are we aging gracefully? Are we aging with acceptance? Or are we fighting it?

Aging...it's a topic I am hearing often these days. Maybe because I've just become an empty-nester? My numerical age is approaching another decade? My body responds differently (with snap, crackles and pops) to everyday movement and life?

As we grow older, we experience an increasing number of major life changes, including children leaving home, career transitions and retirement, physical and health challenges, and the loss of loved ones. How we handle and grow from these changes is the key to healthy aging.

Healthy aging means finding new things you enjoy, staying physically and socially active, and feeling connected to your community and loved ones. It's important to find ways to reach out and connect to others. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people you can turn to for company and support is a buffer against loneliness, depression, disability, hardship, and loss.

It doesn't matter what you do, just find ways to get out and socialize.



A recent Swedish study found that exercise is the number one contributor to longevity, adding extra years to your life. **But *it's not just about adding years to your life, it's about adding life to your years.***

Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost, and can even help diminish chronic pain. Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline, and dementia.

I'm putting together the two top healthy aging factors in leading a Hiking Group. It's a way to be social and exercise!

See my new [Hiking Group](#) below

## Orange Ginger Roast Chicken with Fennel and Radicchio



[Click here for link to the recipe](#)

2 bulbs fennel, cored and sliced into 1/4-inch pieces  
1 tbsp. olive oil  
Kosher salt  
pepper  
1 navel orange  
2 tbsp. honey  
2 tbsp. grated fresh ginger  
2 tsp. fennel seeds, coarsely crushed  
1 4 to 5 lb. chicken, giblets discarded  
1 lb. mixed mushrooms, cut if large  
1 tbsp. sherry vinegar  
1 small head radicchio, torn into large pieces  
chopped flat-leaf parsley, for serving

## Fitness Challenge



### Hiking Group

Do you like to....

- hike
- find new trails
- meet new people
- enjoy the outdoors

Last month I invited you to meet me at the Marion Yarrow Preserve for a pleasant hike through the woods. We had a lot of fun. It was a beautiful day.

What I discovered is that everyone seems to know a spot, or have a favorite trail or have a desire to try a new trail. AND, hiking can be something you don't want to do alone. SO...I hope you will join me each month to find new trails in our area to investigate and explore.

**COST:** NONE. IT'S FREE.

**WHERE:** Leon Levy Preserve. It's not a hard one, it's a hike that all can enjoy! Come enjoy a beautiful hike through the preserve.

**WHEN:** Tuesday, November 2 at 3:30pm.

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

#### Directions:

Route 35 towards Ridgefield. Turn right on Route 123. The main entrance is about 1-2 miles on the right. A white sign marks the entrance. There's plenty of parking.

[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 3:30pm. (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