



Personal Training & Life Coaching

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

Inspiration



Greetings!

Happy Holidays! I am so thankful for each of you in my life. It's an honor to be part of your journey whether it's through this newsletter, weekly training or coaching sessions. Your health and wellness are important and your time and commitment to it makes a difference!

Take a moment to watch this short German ad...the message speaks volumes. (It might even bring a little tear to your eyes!)

[Click here to watch!](#)

Fitness Challenge



Join me for my "12 Days of FITMAS".

[Click here](#) for a copy of my "12 Days of Fitmas" Challenge

There are 12 days of exercises. Each day, complete each exercise. If the number is too many to do in one sitting, break it up into manageable pieces. (Like do 5 squats 4 times during the day to equal 20 total squats).

Health & Wellness

Granola: Pecan Cranberry

INGREDIENTS

- 4 cups old-fashioned rolled oats
- 1 $\frac{1}{2}$ cup raw nuts and/or seeds
- 1 teaspoon fine-grain sea salt
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup melted coconut oil or olive oil
- $\frac{1}{2}$ cup maple syrup or honey
- 1 teaspoon vanilla extract
- $\frac{2}{3}$ cup dried fruit, chopped if large (I used dried cranberries)
- Totally optional additional mix-ins:
 - $\frac{1}{2}$ cup chocolate chips or coconut flakes



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

Training & Coaching



Give or get the gift of health!

Have a friend, a relative, yourself that could benefit from a good workout?

I offer gift certificates.

Personal Training 30 or 55-minute

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!

sessions.

Water Fitness. Wednesdays at 3:30pm. (Space is limited)

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

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

Visit my website: www.heidimichaels.com

Personal Training via Zoom, Facetime or outdoors
Life Coaching via Zoom or In-Person