



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 New Year!

Resolutions and New Years often go hand in hand. And, as quickly as the days and weeks fly by - so do our resolutions. During my coach training we were encouraged to "Pick a word" for the year. For me, it works better than making resolutions. The concept is to choose a word that can challenge and inspire you to accomplish something new, or release something that has overstayed its welcome.

Here's how to find your 2022 word:

If you found yourself a bit judgmental last year, maybe your word for the year ahead is "curious." Too self-critical? Try on "worthy." If you don't finish things you start, could your word be "accountable?" Or, if you're disorganized and functioning without the right systems, maybe your word is "grounded?" If drama has been rearing its ugly head in your life, consider the word "peace." See a pattern here? Or maybe last year taught you to be more flexible and you want to continue that way. Then maybe your word is Adapt. Have you found you love to be challenged? Take on challenge for the year! You get the idea.

Orient towards positivity and action.

Ready to pick your word? [Click here](#) for my worksheet to assist you.

Health & Wellness

Pumpkin Vegetable Chili

INGREDIENTS

- 1 1/2 c vegetable broth
- 1/2 c water
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 1 29 oz canned pumpkin
- 1 can black beans, rinsed, drained
- 2 med. tomatoes, chopped
- 1 med apple, peeled, cored, chopped
- 1 red pepper, cored, chopped
- 1 tsp. parsley flakes
- 3/4 tsp. chili powder
- 1/4 tsp. red pepper flakes
- 1 tsp. cumin
- 1/2 tsp nutmeg
- 1 tsp. cinnamon
- 1/2 tsp pepper
- 1/2 tsp. oregano flakes



I browned turkey and then put all ingredients into my slow-cooker on low for 8 hrs. Serve with optional garnish.

****I added 1lb ground turkey**

Optional garnish: Fresh cilantro, lime, plain yogurt.

Fitness



Hiking Group

Do you like to....

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

I invite you to meet me each month to find new trails in our area to investigate and explore. It's January! Don't let the cold weather stop you. We'll meet at Baxter Preserve in North Salem where we can walk on relatively flat trails and enjoy the

cold, fresh air!

COST: NONE. IT'S FREE.

WHERE: Baxter Preserve, The Racetrack

It's not a hard one, it's a hike that all can enjoy! The trails are mostly wide and open, lined with a variety of trees, including black cherry, cottonwood, maple and apple trees. Walking is easy as the trails are level and mostly covered with grass. Just walk along and enjoy the scenery.

WHEN: Tuesday, January 25 at 3:30pm.

Wear sturdy shoes or boots, gloves, hat, etc.

Directions: [baxter-preserve-the-racetrack](#)

[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 Fitness. Thursdays at 2:00pm. (Space is limited)

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

Strength & Balance TBD

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