

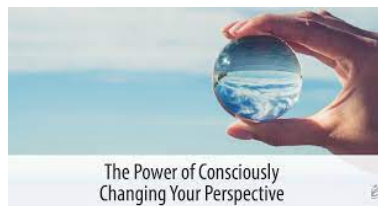


## Personal Training & Life Coaching

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

---

### Inspiration



Greetings!

Ground Hog day just passed. I find it a good reminder about perspectives and that there's different ways to look at a situation. On Ground Hog day we either have 6 more weeks of winter or we have 6 weeks until Spring. Why is it that six more weeks of Winter is usually stated, "Six more LONG weeks of Winter." verses "Only six more weeks until Spring!" Notice the difference in perspective?

So how does that transfer to us? How do you look at things? Do you see six more dreadful long weeks? Or do you see only six more weeks?

Our thoughts and perceptions influence our actions. Now that Mister Groundhog has determined 6 more weeks of winter. How will you chose to approach the upcoming weeks? How will you shift your perspective?

You can chose to moan and complain about the cold, long winter. Or you can see the challenge of Winter as an opportunity! An opportunity to get creative with your mind...take an art class, paint a picture of the winter landscape (I recently went to a Muse Paint Bar.), act like a kid and make a snow-angel or make a snowman! Do something new...go snowshoeing, cross country skiing or just bundle up and get out! Use the darker nights to catch up on a good book, call a friend or play a board game!

A conscious shift in perspective will have a positive impact on your life. Remember, there's always another way to look at something!

### Versatile Salsa Chicken

#### INGREDIENTS

- 2 boneless skinless chicken breasts halved lengthwise, 16 oz
- 1/2 teaspoon adobo seasoning, or salt to taste
- 3/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1 1/4 cups chunky mild salsa
- 2 cups fresh or frozen corn
- 15 ounce can reduced sodium black beans, rinsed and drained
- 1 cup shredded cheddar cheese
- chopped cilantro for garnish
- optional, serve with avocado and brown rice



Put chicken on bottom of slow cooker and add next 5 ingredients. Turn cooker on low for 6-8 hours. Take chicken out and shredded with a fork. Return to pot and add corn and black beans and continue to slow cook until heated through. Serve over rice. Add garnish.

I call this **Versatile Salsa Chicken** because you can serve it over rice, in a tortilla or in chili or any other use. Be creative!

## Fitness



### Hiking Group

Covid has given us all a fatigue, loneliness, and disconnection. Come, join me in a hike! Connect with others, get outside...re-invigorate!

I invite you to meet me each month to find new trails in our area to investigate and explore. This month we'll meet at **Westmoreland Sanctuary in Mount Kisco** and enjoy the cold, fresh air!

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

**WHERE:** Westmoreland Sanctuary

From the North: Take I-684 South and get off at Exit 4 toward Mount Kisco/Bedford. Turn right onto NY-172 N/W. Turn left onto Chestnut Ridge

Road. From the South: Take I-684 North and get off at Exit 3N. Take NY-22 North/Armonk Bedford Road/Bedford Road and turn left onto Chestnut Ridge

**WHEN:** Tuesday, February 22 at 3:30pm.

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

[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