



Personal Training & Life Coaching

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

Inspiration



Hi Heidi,

I am finding myself torn with my emotions. The situation in Israel, the excitement of my grandson as he talks about Halloween, the beauty of the fall, the empathy for friends who's parents face aging issues, babies born with challenges...etc. Life requires us all to navigate and balance between the challenges and the joys.

My husband and I sat down for dinner the other night and the tv was on in the other room. I could hear the news of the horrific situation in Israel and I found myself feeling guilty for having a regular day eating dinner safely at our table. It brought me back to 9/11. The feeling of helplessness, disbelief, and a part of me that wants to just turn it off and not know. It's so much to take in. I know that friends, clients, family are deeply impacted by this and my heart is heavy for their worry and their loss. Such deep emotions...

Then I see my grandson, Chase. He's 2 1/2 and excited about Halloween - as much as he really understands it. He takes great joy in telling us all what we can be....a dog for his little brother, Dylan, a Pig for Mommy, a Crocodile for Daddy...and Pop-pop can be a BIG Crocodile! Mima...she'll be a butterfly. Oh, the innocence and joy he brings to us all. My emotions run deep....

And, then, as I meet with many of my clients, they share the struggles they are facing in their lives and their families. Health issues, aging parents, children, grandchildren, life celebrations, life heart aches...etc. It's all life...

and it all carries with it many emotions.

And with all of that, I am so grateful to be on this ride called "life" with each and every one of you. I enjoy being an ear, a support, a cheerleader!

I have always found that life whirls around us and at the same time we need to maintain our balance and have stabilizers. I balance and stabilize myself by knowing what de-stresses me. (Jigsaw puzzles, exercise, walking outside, spending quality time with my family...meditation and music).

What about you? How do you find your balance? What are some of your stabilizers?

Fitness

Step outside...take a deep breath...and embrace the gifts of Fall.

Join mindful outdoor guide, Cathy Hildenbrand, on a slow meditative walk where we will immerse ourselves in contemplation and connection with the natural world. This 90-minute wander includes a nature meditation, guided sensory based walk, seasonal tea and some other special surprises.



Spending time connecting with nature has been proven to help us feel healthier, more connected and alive. Come for a wander and open yourself up to the magic of the season.

Tuesday, October 24th 3:30pm

Note: We will be walking on trails in Northern Westchester.
Location will be provided closer to the date.

\$20 per person

Bring a friend!

TO REGISTER:

[Click here](#) and send Heidi an email

Health & Wellness

Harvest Chicken Skillet

Ingredients

- 1 Tbsp Olive oil
- 1 lb boneless chicken thighs, cut into cubes
- 1 tsp salt
- 1/2 tsp pepper

- 1/2 lb brussel sprouts (Trimmed and quartered)
- 1 small raw sweet potato, diced
- 1 shallot, minced
- 1 c. chicken broth
- 1 med. apple, diced
- 2 cloves garlic, minced
- 2 tsp fresh thyme
- 3/4 tsp cinnamon
- 1/4 tsp ground nutmeg



Directions:

1. In a large skillet, add 2 tsp of olive oil and heat over med-high heat. Add cubed chicken, 1/2 tsp salt, 1/4 tsp pepper. Cook 2 minutes per side or until browned but not cooked through. Transfer browned chicken to a plate.
2. Reduce heat to medium and add the remaining 1 tsp of oil to skillet. Add Brussel sprouts, sweet potato, minced shallot, and remaining salt and pepper. Toss to combine and then add 1/2 cup of broth. Cook 8-10 mins or until Brussels sprouts are tender.
3. Stir in the diced apple, garlic, fresh thyme, cinnamon and nutmeg.
4. Add browned chicken and remaining 1/2 c of broth. Cook for 5 minutes, or until the chicken is fully cooked.

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. (In person or Zoom)

Partner Training. Grab a friend. Sometimes sharing the fun is even more motivating and rewarding!

Small Group Training: Looking for a fun, challenging workout? Join my **Fit and Fabulous** group.

Tuesday and Thursday 10:00am

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

Life Coaching: Need some motivation? Insight as to what is holding you back? Or the encouragement to go for it?
In Person or Zoom sessions.

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

Now's the Time | Main Street, South Salem, NY 10590

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