



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 received a number of compliments on my last newsletter. (I talked about the mixed emotions running through me with the situations around the world). I appreciate that my readers relate to what I felt. I wrote that from my heart. Hearing from you reminded me of the vulnerability and the connection when we speak from our hearts.

As we head into the holiday season be reminded of the power of gratitude and the many blessings we each have been bestowed.

I am Grateful for...

- my health and my family's health
- the ability to purchase and create healthy meals
- the ability to feel relatively safe as my family is not a target of hate
- getting up each morning not feeling achy or in pain
- a warm house
- finding an appliance repairman who could fix my stove quickly
- the joy in grandchildren
- the ability to be a part of people's lives through the ups and downs.
- clean, fresh, running water and my disposal
- my athletic and musical talents

And, I am thankful to each of you for your support, for knowing you, for working with you now or in the past (or future). Have a wonderful Thanksgiving and holiday season!

Health & Wellness

Stuffed Butternut Squash

INGREDIENTS:

Ingredients:

- 2 medium-sized butternut squash, cut into halves, seeds removed
- 1 cup dried quinoa (rinsed)
- 2 tsp olive oil
- 1 ½ cups onion, chopped
- 3 garlic cloves, smashed
- ½ tsp cumin powder
- ¼ tsp cinnamon powder
- ¼ cup dried cranberries
- 2 cups of any apple variety, cubed
- 3 cups cooked chickpeas (or 1 15-oz can, rinsed and drained)
- 2 tsp lemon juice
- ⅓ cup fresh coriander (cilantro), chopped

Makes 4 servings.

INSTRUCTIONS:

Preheat the oven to 400°F.

On a baking sheet, place parchment paper and the 4 squash halves. Bake for 40-45 minutes or until they become fork tender.

In a pot, heat 2 cups of water; once it starts boiling, add the quinoa and let it cook over low-medium heat, covered, for 15 minutes.

Heat the oil in a large pan. Add onions and cook for 5-6 minutes. Add garlic, cumin, cinnamon and cranberries. Incorporate all ingredients and cook 3 mins. Add apple, mix and let cook 3 mins.



Add the chickpeas and a bit of water. Mix all together and cook for another 5 minutes. Lastly, incorporate the lemon juice, the cooked quinoa, and the coriander (cilantro).

Divide the filling into 4 equal parts and place them in each half of the butternut. Ready, enjoy!

Fitness

TRY THE 28 DAY PLANK CHALLENGE

Day 1 – 20 seconds	Day 11 – 60 seconds	Day 21 – 150 seconds
Day 2 – 20 seconds	Day 12 – 90 seconds	Day 22 – 180 seconds
Day 3 – 30 seconds	Day 13 – Rest	Day 23 – 180 seconds
Day 4 – 30 seconds	Day 14 – 90 seconds	Day 24 – 210 seconds
Day 5 – 40 seconds	Day 15 – 90 seconds	Day 25 – Rest
Day 6 – Rest	Day 16 – 120 seconds	Day 26 – 210 seconds
Day 7 – 45 seconds	Day 17 – 120 seconds	Day 27 – 240 seconds
Day 8 – 45 seconds	Day 18 – 150 seconds	Day 28 – until failure
Day 9 – 60 seconds	Day 19 – Rest	
Day 10 – 60 seconds	Day 20 – 150 seconds	



Plank Challenge

It's that time of year! Time to improve your core.

Use the chart above to guide you. If you are new to planking using the chart as written. If you are more advanced, start by adding 20 seconds to a 30 second or a one minute plank and go from there! Can't do a plank on the floor? You can always plank by leaning up against a wall.

Who's in? [Email me](#) to let me know so I can cheer you on!

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)

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

Fit & Sixty Tuesdays & Thursdays 10:00am (This is a challenging workout geared for women over 60!)

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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