



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,
Happy New Year! As we embark on another journey around the sun, we'll experience our four seasons again. Each season brings its specialness. When I was in my Leadership training we would start each day with a Japanese ritual called, Shintaido that was blended with a Native American tradition of paying tribute and honoring each of the directions and seasons.

As our new year begins and we are in Winter, I am reminded of this segment of the Shintaido: "The North: Nighttime and Winter. This is the place of darkness and mystery. It is the dreamtime and the time of the death that is necessary for the next thing to be born. It is the place where we go deep inside and find that mystery that is at the heart of everything. It is the place for the element of air and it is where the clarity of the heartland lives. It is the place where the ancestors and all the connections to the mystery are found."

Taking part in this ritual back then, gave me a new perspective on Winter. There's a gift in the cold darkness. There's purpose to Winter!

The new year, the winter...it's a time to go in, to reflect, to prepare, to let old things go and allow new possibilities. A time to re-set, a time to begin...

What about you...what's the gift in winter? How do you go in? How do you reflect? What needs to die to allow something new to grow?

I recently purchased an air fryer and have enjoyed playing with recipes. Here's an easy one for Chicken cutlets.

Air Fryer Chicken Cutlet

INGREDIENTS:

1 lb thin-sliced boneless chicken breasts
1 egg beaten or egg whites (I use liquid egg whites)
1 cup breadcrumbs (you can use seasoned or unseasoned and season yourself with salt, garlic powder, and onion powder.)
Olive oil

Makes 4 servings.

INSTRUCTIONS:

Pour egg or whites into shallow bowl; breadcrumbs on a plate. Place another plate or baking sheet nearby for the breaded chicken.

Dip each piece of chicken into the egg white on both sides. Then dip cutlets into the breadcrumb mixture and coat well.

Spray the bottom of your air fryer lightly with cooking spray, then add half of the chicken pieces. Tip - be careful not to overcrowd your chicken otherwise your chicken won't get crispy!

Spray the tops of the chicken with olive oil spray, then air fry at 400 for 7 minutes.

Open air fryer and flip your chicken. Spray the second side with more cooking oil spray, then cook for an additional 7-8 minutes or until crispy and cooked through.

Remove the cooked chicken and set aside on your prepared plate or baking sheet, and repeat the process for the remaining cutlets.



Use cutlets as a main course, as part of a salad or as chicken parmesan!

Direction, Balance and Focus

The tagline on my business name incorporates the words, Balance, Direction and Focus.

Balance- because I believe finding balance in life is so important.

Direction - because if you don't know where you are going - you will never get there!

Focus - because being consistent and having focus on what is important will allow great things to happen!

Apply these words to your fitness.

It's important that you have a balance between working out and other life priorities.

Where are you wanting to go with your fitness? Do you have long and short term goals?

Focus on your health and well-being. Fitness is a big part of that. How do you stay focused and keep fitness as a priority?

SEND ME YOUR 2024 FITNESS GOALS! I'll help you stay balanced and focused!

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!

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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!)

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