



**Lori Michiel**, Founder and President of *Lori Michiel Fitness™*, is a certified personal trainer and fitness expert who understands how to work with active adults, former athletes and seniors. Lori specializes in working with people who want to protect their bodies from injury while improving their balance, strength, self-confidence and vitality.

Lori is trained by the National Academy of Sports Medicine (NASM), the gold standard in the fitness industry, as a Senior Fitness Expert. She is also certified by the Arthritis Foundation and SilverSneakers, a fitness program aimed at a more mature audience. As an active member of the International Council on Active Aging (ICAA) and IDEA Fitness Association, Lori has over 40 years of experience working with clients aging from 50 to 101-years-old – including those individuals who are challenged with poor balance, arthritis, osteoporosis, Parkinson’s or Alzheimer’s disease.

Lori combines an eclectic mix of exercises and movement to improve her clients' mental and physical well-being. Whether she is offering traditional private training, conducting an Arthritis class, Posture and Balance class, Seniorcize™ workout, or Bootcamp LITE, all of her clients appreciate Lori’s keen sense of humor and sensitive approach; just two of the qualities that make her a highly sought-after trainer and coach. She is truly unique!

For more information about Lori and *Lori Michiel Fitness*, check out her website at [www.lorimichiefitness.com](http://www.lorimichiefitness.com).

## **Lori Michiel Fitness**

**Lori Michiel**, *NASM, Certified Personal Trainer*

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