



Lori Michiel, President and Founder of *Lori Michiel Fitness™*, is a highly recognized certified personal trainer, skilled fitness expert and published professional who understands how to work with active adults, former athletes and seniors. Her practice is designed for people who want to protect their bodies from the slings and arrows of life while improving their vitality, balance, strength and self-confidence.

Lori is trained by the National Academy of Sports Medicine (NASM), the gold standard in the fitness industry, and is certified by the Arthritis Foundation and the SilverSneakers®. An active member of the International Council on Active Aging (ICAA) and IDEA Fitness Association, Lori has over 40 years of training experience. Clients seek out Lori's services for their chronic conditions from arthritis to hip replacement surgery; from arthritis to Parkinson's disease, or when they are challenged by post-rehabilitation recovery or are simply committed to aging gracefully. Her keen sense of humor and sensitive approach make her a highly sought-after trainer and coach.

For more information about Lori and *Lori Michiel Fitness*, check out her website at www.lorimichiefitness.com.

Lori Michiel Fitness

Lori Michiel, *NASM, Certified Personal Trainer*

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