



Lori MichielFitness

Active Adults, Former Athletes and Seniors

Fitting News

Why You Need Extra Muscle



After 40, your body's metabolism begins to decline at a rate of two to four per cent each decade! Weight loss can slow it down even more-hard to believe, but true. In a University of Colorado Health Science Study, losing more than a pound a week for 12 weeks lowered metabolism in participants by an average 165 calories per day. Part of the reason is that it is nearly impossible to slim down without losing some muscle - your body's calorie burning engine - along with fat. Each pound you shed is about 70% fat and 30% muscle. You can counteract the effect by practicing some form of resistance/strength training regularly.

Issue #15

January 2016

Training Ideas for a Busy Work Schedule - Part 3 of 3 Mid Section and Back - Core

Hectic schedule at work? Not enough hours in the day? With our Exercise Snack Workouts, one problem is solved. We can't adjust your schedule or make your days longer, but we can give you a total body training format for the office. Complete the full program in just three 10-minute Exercise Snack Breaks during the day using bands and loops.



As a personal trainer, I look at the body as a remarkable machine capable of extending its battery life with just a few tune-ups each day. If you don't have time to wait until you get home to exercise or don't want to get up little earlier, here are a few simple exercises you can do at the office or wherever you spend most of your day. Start the year differently!

General Tip: To gain the most from each exercise, never allow the band to have any "slack"....always keep slight tension on the band.

Resistance bands are an excellent complement to your equipment arsenal. They are lightweight, portable and come in different colors which represent resistant strength. Be sure they are free of rips and tears before using.

Walk around the office for five minutes – use the stairs if available to increase intensity.

- BACK EXTENSION – Seated on the edge of the chair, place the band under both feet and hold the ends in each hand. Sit up tall in your chair, lengthening the spine and arching gently back (there should be NO discomfort). At the same time, roll the shoulders back and down, drawing the shoulder blades together to press the chest up and out. Hold for 10 seconds. Repeat six times.

[On the Lori Michiel Fitness website, click "Blog" on the menu to read the rest of this article.](#)



Lori Michiel, NASM-CPT 818-620-1442 lorim@lorimichielfitness.com

Senior Fitness Specialist & Consultant

For more information, blogs, exercise snack videos or to subscribe to this newsletter, sign up at lorimichielfitness.com

Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.