

Fitting News

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Is There a Best Time to Strength Train?



For those of us who would rather just veg out after dinner, here is something to consider: If you strength train (whether you do a round of squats, decide to lift weights or use resistance bands), a forty-five minute routine after dinner will lower your blood sugar and triglyceride levels to the level they were than before your evening meal. Those who are at risk for diabetes or have Type 2 diabetes benefit the most.

Source: *Journal of Applied Physiology*

Gift Certificates Available!



For a limited time, *Lori Michiel Fitness* is offering a 20% discount on gift certificates for new clients in Los Angeles, Orange and Ventura Counties.

Hurry! This special offer expires December 31, 2015.

For more information call 818-620-1442 to order your personalized certificate today. A portion of the proceeds from the sale of the gift certificate will be donated to The Arthritis Foundation.

What? Another Christmas Blog?

Since we are in the midst of the holiday season, I can expect to read blogs about the holidays and renewal of life. The one thing they have in common is they remind us we need to have hope, welcome the newness of the year, look at change as positive, eat smart and exercise-of course. I want to just imagine we can reach for the best and maybe, just maybe, if we have to settle, we can settle for a little less. Hey, I'm a Libra and I always weigh my options.



In closing out the year, I want to leave you with good thoughts, health and lots of laughs. If you want to laugh now...Check out my last video of the year.

On the *Lori Michiel Fitness* website, click "Blog" on the menu, then click **Exercise Snack Videos**. You'll find the video "Flatten Your Belly for the Holidays and Beyond" posted on November 22, 2015.



Please watch; it is funny. Enjoy and be well.



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

Senior Fitness Specialist & Consultant

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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.