

## Fitting News

### Music is Poetry with Personalities

“June is Busting Out All Over”  
From the musical “Carousel”, words and lyrics by Rodgers and Hammerstein

“Hips Don’t Lie”  
By Shakira

“Get Lucky”  
By Daft Punk

### Study Links Virus to Celiac Disease

A virus that doesn’t induce obvious signs of infection could act as a trigger to developing celiac disease (CD), according to research that offers new clues to the puzzling origins of autoimmune diseases.

Scientists have long hypothesized that viral infections may spark autoimmune diseases that attack healthy cells. In the case of CD, the immune system reacts to gluten, a protein in wheat, and other grains sometimes disguised in sauces, packaged food, etc. and damages the small intestine. So far, only people with a particular variant are susceptible to CD because NOT ALL of those with the gene develop the disease.

Scientists are also looking at environmental factors that may induce the disease.

Source: *Wall Street Journal*, April 5, 2017, Ellie Kincaid

Issue #32

June 2017

### Do We Care How We Look on the Inside As Much As We Care How We Look on the Outside?

Diagnosed at age 42 with osteopenia: How exercise helped me learn to reduce my risk of the brittle-bone disease called osteoporosis.



Last month there were at least five notable organizations that brought awareness to their cause. They included Alzheimer’s and Brain, Arthritis, National Physical Fitness and Sports, Older Americans, and Osteoporosis Awareness and Prevention.

These distinguished organizations deserve attention. The one I chose focus on for this article, selfishly, was Osteoporosis Awareness and Prevention.

I was diagnosed with osteopenia over 20 years ago; it was by accident. While working for a Home Healthcare agency, as part of my responsibility I would visit skilled nursing facilities (SNFs). This day, one SNF was offering a “free” bone scan to determine if I had osteoporosis. Bone loss was detected in my right ankle. It scared me. After all, I was only 42, healthy and physically active. I considered osteoporosis an “old” person’s disease. I immediately made an appointment with my physician to have complete bone mineral density (BMD) tests to verify or discredit the previous findings.

I began to explore my options. After a review of my blood work (I was low in vitamin D), I focused on my diet, considered medication and more strength/resistance exercise. More exercise? I thought I was doing enough; however, after becoming a personal trainer I learned how much more I could be doing.

Although I still have the disease, I can honestly say my BMD numbers have improved without the use of medication, which I was on for the first five years. (Disclaimer: I do not suggest you abstain from medication, seek your physician’s advice first.)

I thought I’d share my positive experience with you, my readers, hoping you can improve your chances of reducing your risk or improving your diagnosis of this brittle-bone disease.

[Click here to read the remainder of this blog.](#)



**Lori Michiel, NASM-CPT 818-620-1442 [lorim@lorimichiefitness.com](mailto:lorim@lorimichiefitness.com)**

Senior Fitness Specialist & Consultant

For more information, blogs, exercise snack videos or to subscribe to this newsletter, sign up at [lorimichiefitness.com](http://lorimichiefitness.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.*