

Fitting News

Music is Poetry with Personalities

"Merry, Merry Month of May (Strolling Through the Park)"
(Standard) Written By Stephen Collins Foster

"Pink Cadillac"
By Johnny Todd & His Rocking Rhythm

"End of May"
By Michael Bubl 

Pouring on Calories

Your drink may lead you to eat more if you tend to snack on pretzels with your cocktail or dip into chips with your diet soda. You're not alone. A study found that 90 percent of people eat more treats that are high calorie and nutrient-poor with certain beverages. The result? More calories than you might expect.

Alcohol - additional snack average 385 calories

Soda - additional snack average 226 calories

Diet Beverage - additional snack average 69 calories

SOURCE: Journal of Academy of Nutrition and Dietetics

Issue #31

May 2017

What Do Boomers Fear Most About Their Health?

With each passing year, older adults become more concerned about their health and how their bodies will hold up over time. As aging worldwide becomes more of a reality, we need to recognize what holds us back from our ultimate best. How do we avoid the pitfalls (literally and figuratively) and live our best life?

Determined, strong-willed and physically active adults are less concerned about remaining healthy and strong; however, there is pessimism among some Boomers who feel "middle age" is here to stay.

According to a 2014 [PEW Research](#) survey, when Boomers want more information about their health they sought health professionals as their number one trusted source of information.

The internet came in second. The most important topics of interest included vision, diabetes, heart disease, nutrition/weight management, arthritis and high blood pressure. Of the 79 million Boomers who now account for 26% of the total U.S. population, they prefer not to abide by the adage that "old age" starts at 65. They typically believe that old age doesn't begin until age 72. In fact, the typical Boomer feels nine years younger than his or her chronological age.

Also, due to the greying of America, the Wall Street Journal states that private country clubs are experiencing a decline in male-dominated memberships and they need to have something in place to counter the effects of the drop in revenue. Boomers are apparently playing less golf often due to bad shoulders and backs, balance issues, and they can no longer endure playing nine holes. Some clubs are attracting more females by offering fitness classes. Cross-training (exercises that strengthen bodies in other ways to complement golf activity) could enhance membership. Hopefully, men will join in.

As an expert in fitness and eldercare, my clients' concerns about aging are foremost on their mind. They want to do something more than complain to their kids and spouses. By acting, they can avoid pulling back from living life and begin to live life to their full potential.

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



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