

Fitting News

The Ultimate Energy Playlist!

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Get revved, even on total slug days, with this new set of workout songs:

“Feelin’ Stronger Everyday” by Chicago

“Over The Rainbow” by Livingston Taylor (yes, this is James Taylor’s brother)

“Tomorrow Gonna Be a Brighter Day” by Jim Croce

Lead In Your Plumbing?

Dr. Lippman is generous in spirit and shares her knowledge on many subjects related to wellness. We met years ago at a fabulous organization created by another wonderful friend and colleague, Dr. Tessa Warschaw.

In addition to many of her speaking engagements, Dr. Lippman has been a frequent presenter, sharing her knowledge at San Fernando Valley Marketing and Admissions Professionals (SFVMAPS), and other distinguished groups. This month, I am honoring Dr. Lippman as my guest blogger.

Thank you Dr. Lippman, I look forward to hearing from you again.



By Cathie Lippman, M.D., the Lippman Center for Optimal

The disastrous contaminated water situation in Flint, Michigan this year has alerted the populace across the country to the problem of lead contaminated water. People were unaware of lead as a problem in the first place, unless you remember leaded paint and leaded gasoline. Secondly, many of us have been unaware of how much lead is still used in our environment.

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



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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.