

## Fitting News

Lori Michiel Fitness [Gift Certificates](#)

are now available for the holidays. Be sure to check forthcoming emails for a special offer.

### Supplements: What to Use and How to Choose



With the abundance of supplements on store shelves, it's easy to get confused which brands are really offering the best quality.

Unfortunately, no standards are in place just yet and most label claims are not FDA approved. Websites that I love include [ConsumerLab.com](#) and [Labdoor](#) that review and rate supplements.

### Motivating Songs For November

"We Are Family" By Sister Sledge

"Thankful" By Kelly Clarkson

"Over the River and Through the Woods" By Lydia Maria Child

Issue #25

November 2016

### We Have Good Reason to Be Thankful!

*What can you think of that has made a difference to you this year?*



I always thought of Thanksgiving as my favorite holiday. Back in the 80s, the est training, created by the charismatic Werner Erhard, was both very controversial and popular for those seeking answers to "life".

Aside from the "training", est had many programs that were philanthropic in nature. One was called "The Holiday Project". Whoever wanted to volunteer agreed to visit hospitals or nursing homes as a group. They would bring holiday cheer in the way of music and song. It was a great way to reach out to seniors who were struggling to stay alive or lonely because they had no visitors. I participated because I wanted to feel a part of something that I had never experienced. It was the first time I had been inside a nursing home since moving to Los Angeles. The only other volunteering experience I had was at a hospital admissions department in New York.

Although est was controversial, I am *thankful* for this program and *thankful* that I was a part of that experience, which changed the course of [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@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.