



LoriMichielFitness

Active Adults, Former Athletes and Seniors

Celebrating 10 Years

Fitting News

Issue #26

December 2016

Gift Certificates for the Holidays



This holiday season, give from your heart. Your friends and loved ones don't need another bauble or gag gift. Instead choose something that shows you not only have great taste but also care deeply about their joy and well-being. Now through December 31, 2016 *Lori Michiel Fitness* is offering a 20% discount on Gift Certificates. [Click here for more information](#). Have a safe and healthy holiday season!

Motivating Songs For December



"You're The Top"
By Barbra Streisand

"My Favorite Things"
By Julie Andrews from the Sound of Music

The 59th Street Bridge Song (Feelin' Groovy)"
By Harpers Bazarre

SIMPLE WAYS TO AVOID INJURY AND PAIN BY SWAPPING ONE EXERCISE FOR ANOTHER

As another year ends, consider some helpful exercise alternatives to modify your next workout routine. Eliminate unnecessary pain from your exercise session by learning better form while achieving similar results. You can take these tips into 2017 and beyond.



Modification is key to avoiding injury. That is why I developed [Fitness Tune-Ups](#). Here are four exercises you can practice at home that will protect your **knees, back, shoulders and elbows**.

KNEES: Instead of lunges, do split squats. It lessens the stress on the knee joint by keeping it stationary. When you squat, your knees will be behind, not over, your toes.

Split squats - Step one foot three or four feet in front of the other (toes facing forward). Front knee should bend at a 90-degree angle. Maintain good posture, chest up, eyes looking ahead, not down. Press through your heels to return standing. Doing this exercise will also improve your balance if you progress it. Watch our [Exercise Snack Video](#) for a demonstration.

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



Lori Michiel, NASM-CPT 818-620-1442 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

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.