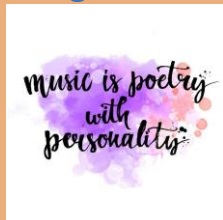


Fitting News

Love Songs for February



“My Love”

By Petula Clark

“My Boyfriend’s Back”

By the Angels

“Gimme Little Sign”

By Brenton Wood

Open That Jar - A Test of Strength



You might not think of grip strength as an important indicator of overall fitness, but to seniors, it is. Low grip strength can be an indicator of disability later in life, so it is best to start now to determine your own strength.

Open a tight jar lid, pick up a gallon of water or milk and carry across the room, lift a long-handled pan with one hand. If you can’t do these successfully, you need to build your hand strength. Firming your hand muscles now may circumvent future disabilities.

[Contact us](#) for new tips for protecting your joints, improve your grip or lift and carry tasks.

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Fixes for Your New Year’s Resolutions If They Aren’t Holding Up

If you decided that eating healthy and starting an exercise program in January would make you feel more energized and help alleviate that drag you felt throughout the day...were you able to stick with your plan? Is this the tenth time you promised yourself to lose weight and, so far, you feel as if you failed? If so, don’t be so hard on yourself and stop the negative self-talk.



For some people the New Year isn’t necessarily about making a fresh start as much as it is a time for reflection on the past and moving forward toward the future. Getting back on track can be as simple as keeping a promise you made to yourself.

Try a few of my personal strategies to lift post-holiday gloom.

- Relive sweet memories - it’s the month we celebrate Valentine’s Day.
- Make plans with old friends you haven’t seen in a while.
- Buy healthier foods and trash the junk food. In fact, don’t bring unhealthy food into your house.
- Avoid negative food temptations (especially after dinner); you’ll wake-up in the morning feeling better about yourself.
- Become more active and you’ll feel your mood shift. It doesn’t have to take a lot of time, even 10 to 15 minutes, three times a week, can make a difference.
- Show gratitude, it can significantly increase your desire for life satisfaction. [Click here to read the remainder of this blog.](#)



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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.