



**CELEBRATING 11 YEARS**  
thanks to my Clients & Trainers!



## Fitting News

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November is Alzheimer’s awareness month. There are fun ways to teach your loved ones effective exercise and lively movement to improve their cardio and strength endurance—two activities that assist in brain health.



### Can Tapping Into Your Memory Help You Stay Aerobically Fit?

There is no shortage of research regarding the benefits of regular exercise on brain health in both cognitive and cognitively impaired (Alzheimer’s or dementia) individuals. What I haven’t seen is what the researchers say are the best ways to communicate instruction to those who have lost their executive function and cannot follow directions easily.

Executive function is usually affected by age, particularly when it is necessary to multitask. It is an umbrella term for a range of cognitive processes, including memory, problem-solving, processing speed, mental flexibility and other tasks. When switching from one task to another, the elderly have more difficulty paying attention to multiple lanes of traffic, or

noticing if someone is about to step off a curb at a busy intersection.\* Processing information rapidly and dividing attention effectively are cognitive skills that peak in young adulthood. To be able to recall an event or new information, the brain must register the information, store it, and then retrieve it when needed. The ability to recall new information, such as reading material, peaks early and gradually becomes more challenging after age 40. Studies show that by age 70 the amount of information recalled 30 minutes after hearing a story once is about 75 percent of the amount remembered by an 18-year-old.

Recognizing exercises from the past, such as marching (aerobic exercise), might come easier with music, but for those who do not recognize a new task, such as stepping side to side to improve their hips and gluteal muscles, may not be. Music that stimulates old memories along with hands-on cues provide kinesthetic awareness that can help the individual get through the task. It is easier than remembering it without any cues, and this ability can make the difference between getting a good workout and not. Kinesthetic awareness refers to how our senses take information from our brain and translate that data into movement. I use touch and closed-eye patterns as sensory tools when I see my clients get stuck in inefficient movement patterns or have trouble following instructions. Lori Michiel Fitness trainers are educated in recognizing and correcting these inefficient actions.

Follow my YouTube videos for some fresh ideas that offer other types of safe interval training to delay the disease. We offer private training, including stretch sessions, program design and more. Visit our website at [www.lorimichiefitness.com](http://www.lorimichiefitness.com), join us on Facebook or contact us via email or call 818-620-1442. We see fitness differently!

#### For Your Inspiration

*Music is Poetry with Personalities*

“My Shot”

“Satisfied”

“Non-Stop”

All from the musical “Hamilton” by Lin-Manuel Miranda

#### What’s NEW



#### Health for the Holidays

Lori Michiel Fitness is offering a discount this holiday season on Gift Certificates for personal training assessments. Receive \$50 off when purchased before December 1, 2017. Call us today at 818-620-1442 and get a jump start on your holiday shopping!



### Lori Michiel, NASM-CPT, Senior Fitness Specialist

For more consultation, blogs, exercise snack videos or to subscribe to this newsletter, sign up at [www.LoriMichielFitness.com](http://www.LoriMichielFitness.com) or call 818-620-1442

*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.*