



Since 2006



Fitting News

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Exercise is different for everyone because each of us begin at different levels. You can learn techniques to safely modify exercise intensity whether you are returning to working out or starting fresh. In a question and solution format, we will address two specific areas of the body that our clients complain about the most. In the next issue of *Fitting News*, we'll have an Exercise Snack Video to accompany this blog.



Stop the Pain - Fitness Pet Peeves Part 2 of 2

Knees

Question: I am afraid to do squats because my knees always hurt.

Solution: Squats are one of the most common forms of exercise because they mimic the things we do every day. These movements are called “functional”. It is a type of workout that targets muscles used in routine tasks (like lifting things off the floor, sitting or getting out of a car or chair). This type of exercise is necessary to help prevent injury as well as maintain independence in older adults and seniors. Specific routines combine exercises to strengthen muscles around joints that promote balance, and boost stability, flexibility and mobility.

There are two ways to perform a squat correctly and safely. One way is to stand in front of a stable chair, but close enough so you can sit, if necessary. The other way is to stand with your back against a wall and slowly slide down until your knees and hips are bent about equal at a 90-degree angle. Remember in both situations, do not allow your knees to collapse over your toes. Maintain weight in your heels.

Hamstrings

Question: The back of my upper leg (hamstring) is always tight. I sometimes have pain walking. Can stretching help?

Solution: Hamstring muscles run from the back side of the thigh and connect below the knee into the gluteal muscles. The hamstring muscles can be tight because the front of the body is short in the hip/groin area, thus those muscles pull on the back of the leg.

[Read More](#)

For Your Inspiration

Music is Poetry with Personalities

“The Letter” – The Box Tops

“Girls Just Want to Have Fun” – Cyndi Lauper

“You Ain’t Seen Nothing Yet” – Bachman Turner Overdrive

What's **NEW**

Smooth Operators

In a recent poll of nearly 700 surgeons and surgical residents, 90% said they use music as a soundtrack in the operating room. The most popular genre? Classic rock, according to the survey. Music calms the nerves and improves staff morale. It can keep the room mellow and, at other times, pick up the pace.

March is National Nutrition Month – check out *Lori Michiel Fitness'* [resource information on nutrition](#).

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For more consultation, blogs, exercise snack videos or to subscribe to this newsletter, sign up at 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.

