

Fitting News

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“No One Else Was in the Room When It Happened”

From the musical “Hamilton”

“Tender Shepard”

From the musical “Peter Pan”

“Fly Me to the Moon”

By Frank Sinatra

What's NEW



On July 8th, I celebrated my 11th year as a personal trainer specializing in senior fitness. I have many people to thank. I could go as far back as 1983 when I volunteered at the Jewish Home for the Aged, or my home health days or when I owned my referral agency.

I fully realize that no wealth or position can long endure unless built upon truth. These relationships count and those of you who have helped me, I hope I have returned the favor. I am grateful you have trusted me and believed I could improve your life and the lives of those you love. Thank you from the bottom of my heart.

Sleep and Your Brain...Can I Sleep Like a Baby? Part 1 of 2

I don't know anyone my age or ten years' younger who doesn't have a sleep disorder.

As I comb through my fitness journals, AARP bulletins and various news articles, there are at least one or two articles each month about sleep and sleep disorders. I have read them all. Most articles focus on age and sleep: reasons we don't get enough or why we've had too much, the effect lack



of shut-eye has on our brain, tips for lifestyle changes including nutrition and exercise, bedroom etiquette, potions and drinks, and the right mix of OTC or prescription meds. This is all in hopes we have a restful night like Sleeping Beauty—or like we used to.

I can't remember how old I was when I first realized I couldn't sleep through the night. It's no wonder, experts say sleep deprivation can eventually cause confusion and other cerebral changes. My challenge is not uncommon. Yet, many people have trouble falling asleep or staying asleep. Fortunately, I can fall asleep at the drop of a hat. Even after following the expert's advice I stop drinking liquids and eating sweets past 8:30p.m., avoid the 11:00 news, cover the LED light on my clock (yes, I still have a clock-radio on my night stand and refuse to use my smart phone to wake me), power up my “white noise” machine, close the shutters and keep the room cool. Lastly, I am not on any medications that would affect my sleep. I know I am lucky!

Pediatrician Harvey Karp says we can “learn from the best sleepers – babies – who spend up to 17 hours every day slumbering peacefully during infancy.” According to Dr. K's theory, white noise machines that produce calming noises (i.e. the sound of water and waves) can help bring us back to the womb. This may be true, but there are other factors as older adults that keep us up at night. Babies, at their young age, don't have to deal with the stresses we do as adults, yet one can argue getting fully acquainted with life in general can be very stressful. Let's not forget they wake up and cry in the middle of the night too. 17 hours...Really, Dr. K?

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