

Fitting News

Radio Star

Lori was a featured expert on Monday's AirTalk with Larry Mantle on 89.3 KPCC-FM in Los Angeles. The segment centered on fitness programs for the growing senior population and included advice from Dr. Laura Mosqueda, USC Professor of Family Medicine and Geriatrics. Missed it? [Go to the Lori Michiel Fitness website and click "Press" under "Contact" on the menu.](#)

Client Testimonial

Congratulations to my friend and colleague on her first issue of Fitting News with *Lori Michiel Fitness*, another venture that illustrates Lori Michiel's passion and dedication to helping everyone stay healthy and strong regardless of age or limitations. [Read more client testimonials on the Lori Michiel Fitness website.](#)

Top Five Workout Songs to Motivate You to Move

Exercising to music works for people of all ages. Did you know music lowers your perception of effort and can push you to workout longer? Memories come flooding back and increase your endorphins.

Below are five tunes for that motivational boost:

"I Feel Good"- James Brown

"Respect"- Aretha Franklin

"Dancing In The Street"- Martha & the Vandellas

"Let's Twist Again"- Chubby Checker

"I'm a Believer"- The Monkees

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Osteoarthritis - What Can You Do About It?

I see clients with OA nearly every day. There are certain risk factors such as trauma, obesity and general muscle weakness that can have a profound effect on the disease, but can be kept at bay with physical activity.

Working out with good form regularly in a supervised setting (in a group or privately) can help improve joint flexibility and reduce stiffness and pain. As a Certified Arthritis

Instructor and Corrective Exercise Specialist who understands the needs of her clients, having the right tools and with specific guidance I am able to help my clients with this condition.



When considering starting an exercise program, here are some things to keep in mind when performing Resistance Exercise, Cardiovascular Exercise or Flexibility/Range of Motion movements:

Benefits – Muscles help support your joints; improving muscle strength is key for people with arthritis. Aerobic/endurance exercise can reduce fatigue, joint pain and stiffness. An added benefit is weight loss, which reduces the stress on joints. Gentle stretches and exercises that take joints through their full range of motion can help you move about throughout the day.

Challenges – Overexertion. Pain that lasts for more than two hours (this is the one of the Golden Rules of the Arthritis Foundation) after exercise is an indication that the exercise should be modified or eliminated from the routine. Clients with arthritis need a program tailored not only to their fitness level and goals but also to their joint-pain tolerance and ability to improve their range of motion. People with osteoarthritis shouldn't flex (bend) the spine; correct form is crucial for movements such as bending at the hips. Certain joint surgeries or injuries may further restrict movement.

Modifications – Start with light weights, resistance bands and medicine balls. It is best to exercise when you have the least joint pain, usually after you have been awake for an hour or more. Avoid training on an unstable surface, unless you can do so safely. Read more about modifications [on the Lori Michiel Fitness website, click "Blog" on the menu.](#)



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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.