

## Fitting News

### Music is Poetry with Personalities

"Seasons of Love"  
From "Rent", the musical

"Since I Fell for You"  
By Lenny Welch

"I Have a Love/One Hand One Heart"  
By Johnny Mathis & Barbra Streisand

### Lori's Workshop at Focus on Seniors



Lori Michiel presented "Getting off the Couch Potato Lifestyle-It's a Balancing Act" workshop to the Focus on Seniors networking group February 21 at Cypress Place Senior Living in Ventura.

In this fun, participant-driven class, attendees learned moderate to advanced exercise movement techniques to improve their overall balance, strength, power and stamina. The routines didn't use high-tech equipment, so guests were able to take away the routines to practice in their home or office.

[Contact us](#) to arrange a presentation or workshop.

Issue #29

March 2017

### What Brings You Piece of Mind?

Is there an activity, exercise, religious or meditation practice you do regularly to slow your mind? Or do you take medications which can have multiple side effects? Last month I experienced a severe emotional strain while dealing with my mom's hospitalization. I cleared my calendar and re-arranged my schedule so I could be more involved in her care. Both my sister and I were with her every day. So I decided to add yoga and meditation into my weekly exercise practice. The benefits were almost immediate.



Adding more diversity into my weekly routine has made it was easier to cope with the stress and strain that this new event presented. Each night when I put my head down on the pillow I meditate on how grateful I am for my good health, family (especially the right care my mom received) and my ability to cope with all the obstacles and challenges of the day.

My new routine is here to stay. So far it has saved me emotionally. Will it again when the next crisis comes up? I don't know, I hope so. It would have been easier to go down a more familiar (negative or hopeless) path, but I choose to take a different, more positive, approach. I can't control everything; I know that logically, however I still try. Control has been part of my DNA since I was a teenager. I remember the 1994 Northridge earthquake only amplified those feelings.

Pick up any health-based magazine or newspaper and it talks about the power of meditation. The research is there: it works! Discover what brings you peace of mind when you feel you've reached your breaking point. If I could help you "refresh" your routine even if you already practice meditation and yoga, what would that be? Perhaps our [Fitness Tune-Up](#) program can help achieve your goals.

For more tips and fun ways to be more active, reduce the pain associated with arthritis or injury, and increase your balance, check out our website at [www.lorimichiefitness.com](http://www.lorimichiefitness.com) or follow us on [Facebook](#). For a consultation, simply give us a call.



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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.*