

Fitting News

Three Songs to Pump You Up!



“High Hopes”
Bing Crosby

“Stayin’ Alive”
Bee Gees

“Summer Nights”
John Travolta and
Olivia Newton-John

Issue # 22

August 2016

How do you reward yourself after a great accomplishment?

Other than food, what are your other options?

I just received my renewal notice from the National Academy of Sports Medicine (NASM) notifying me of my 10-year anniversary as a Personal Trainer. Where did the time go? You might know [the story](#) of how I have been able to transform the lives of so many people who could have succumbed to chronic aging conditions.



Ten years ago, I sat at my kitchen table, studying for hours on end, spreading open my books, viewing countless videos and study guides. It was very difficult to stay focused at first due to some negative energy lingering from a previous business venture (unrelated to personal training. Anyone who knew me then, realized how difficult this was. Instead, I persevered and turned that negative energy around and immersed myself in my new studies. I hadn't been as committed to anything since returning to college in 1984.

My mind was tuned in like a radio, trusting the process. My favorite sections contained information about special populations and muscle function. The lingo was completely new to me, but useful details emerged in time.

[On the Lori Michiel Fitness website, click “Blog” on the menu to read the rest of this article.](#)



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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.