

Fitting News

Songs To Keep You Moving



“Do You Believe in Magic?”

By The Lovin’ Spoonful

“Gimme a Little Sign”

By Brenton Wood

“Move On”

By “Sunday in the Park with George”

By Stephen Sondheim

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How do we learn from failure?

Do we need to fall before we fly?

There are countless times I wanted to squirm after I said something embarrassing or unkind to someone before thinking it through first. My husband is very wise. He’ll always say, “forgive yourself and move on.” I tried it last week and it worked! *I learned my lesson!*



Then there was the time I shared a new business idea with colleagues in the aging community. I planned to start a group exercise class at my home gym ([Lori’s West Hills Fitness Studio](#)) and donate the proceeds to charities. I did the class, it was fun, BUT scheduling the class was a nightmare. *I learned my lesson.* Next time I’ll think it through more carefully before promoting a project without a full plan in place. Still, I consider the “class” experience a success and I continue to donate to charities.

There is a saying, “when one door closes, another opens”. It is one of my favorites. I altered it a bit ... “if one door closes, two or more open.” I turn these sayings into affirmations. Whether it pertains to something personal, business, career or something as simple as finding a parking space in the most obscure places. Repetition works.

[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.