



CELEBRATING 11 YEARS
thanks to my Clients & Trainers!



Fitting News

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Give of yourself this year and see what gratifying results come to you.



A Healthy Way to Give of Yourself with Sweet Results

I envy people who volunteer during the holidays. I do what I can to make a difference because I was raised to help those less fortunate than me. It might sound cliché, but it is true. Last year, I planned to “Adopt a Senior” and it never came to fruition. Somehow my request never reached the host organization. This year is different. I received the paperwork on my 68-year-old woman, a stroke victim who used to work as a massage therapist and reflexologist. Ms. J needs a host of things because she is unable to drive, do laundry and other household chores. In her free time Ms. J enjoys meditation, reading and aromatherapy. She needs everything from Clorox wipes to aromatherapy oils. Having her profile sent to me was a match made in heaven! Rather than pick and choose what to buy her, I decided to buy it ALL! This is the most fun I’ve had shopping in a long time.

We hold the power to heal and have a real impact on people around us. This is why volunteering and giving of ourselves, in ways we never imagined, is medicine for the soul. Stress levels go down, and we can heal faster. Our mind is calmer because we are taking care of others.

Find a way to give of yourself, as you have been doing or figure out a new way to give back to the people in your community. Do it not because it’s nice, but because it’s good for you—and everyone. Seniors do it for me.

Thanks for being part of my life. Happy holidays to all. Looking forward to inspiring you again in new ways in 2018.

Warmest regards,

Lori Peppi Michiel, NASM-CPT

For Your Inspiration

Music is Poetry with Personalities

“How About You” by Judy Garland from “Babes on Broadway”

“Shape of You” by Ed Sheeran

“I Won’t Back Down” by Tom Petty

What’s NEW



Get your Holiday Shopping in shape, with a **Lori Michiel Fitness** gift certificate for a personal training assessment for you or someone on your list. \$25 off until December 31, 2017.



Lori Michiel, NASM-CPT, Senior Fitness Specialist

For more consultation, blogs, exercise snack videos or to subscribe to this newsletter, sign up at www.LoriMichielFitness.com or call 818-620-1442

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.