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Fitting News

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Can You Beat Seasonal Affective Disorder Once and for All?



Can Physical Activity Help You Triumph Over Lingering Holiday Blues?

The holidays are finally over. For some it's a good thing-- for others not so much. Were the holidays everything magical you'd hoped for? Filled with family and social events? While many anticipate that outcome, more often than not the joyous season brings on the blues that persist beyond the New Year's celebrations.

Research shows that the holiday blues, also known as [seasonal affective disorder](#), affects 10 million Americans each year. [Mental Health America](#) identifies headaches, irritability, excessive drinking, over-eating, and difficulty sleeping as symptoms of these blues.

Can this wave of depression be beat? The answer is a joyful YES!

Sadness, anxiety, and loneliness - it's a rough way to start the New Year, but it doesn't have to be. Recent discoveries show the best way to overcome the holiday blues is a combination of three components: positivity, physical fitness, and social support--with emphasis on building a supportive tribe.

[Pathologist expert, Melissa Conrad Stöppler, MD](#) suggests embracing the present moment and "look to the future with optimism". [Shawn Anchor](#), the avid researcher, author and speaker on positive psychology has concluded extensive research that supports this notion. "When we are positive, our brains become more engaged, creative, motivated, energetic, resilient and productive." The lesson learned? Stop living in regret and despair in what should have been these last few weeks, and start moving forward emphasizing on the good around you.

The next step: physical fitness. Be prepared to try something new. If the idea of aerobics or weight training doesn't lift you up, then search for something that will, because there's a wealth of studies that suggest the upside of physical activity. The best part is: you're not in this alone. [The evidence shows](#) those fifty and over are most influenced by clinicians, family or friends when it comes to increasing their activities.

[Click here to read the remainder of this Blog.](#)

For Your Inspiration

Best Books of 2017 About Healthy Aging

"AgeProof: Living Longer Without Running Out of Money or Breaking a Hip"
By Jean Chatzy, Michael F. Roizen, M.D. and Ted Spiker

"Just Move! A New Approach to Fitness After 50" By James P. Owen

"Four Seasons in a Day: Travel Transitions and Letting Go of the Place We Call Home " By Deborah L. Jacobs

"Ageless Soul: The Lifelong Journey Toward Meaning and Joy" By Thomas Moore

What's NEW



Check your email inbox later this month for *Lori Michiel Fitness*' Balance Quiz – find out how you score!



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