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Fitting News

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Exercise is different for everyone because each of us begin at different levels. You can learn techniques to safely modify exercise intensity whether you are returning to working out or just beginning. In the question and solution format following, I will address two specific areas of the body that are among common complaints from my clients. There will be an [Exercise Snack Video](#) to accompany it.

Stop the Pain - Fitness Pet Peeves Part 1 of 2



Wrists

Question: How can I reduce the soreness in my wrists when I do push-ups or lift weights?

Solution: Your wrists could be tender or painful because of the angle of your body in relationship to your hand when doing any resistance training. For example, if you are doing a traditional push-up (straight leg floor push-ups), this is not wrong if it doesn't bother you, but if it does, consider doing these on your knees, it reduces the load such as your body weight. You could try doing wall push-ups either by standing close or further away from the

wall. Again, the angle determines how much resistance there will be. Also, if you go very close to the floor or wall, or change the tempo, that will also make a difference. If you are doing bicep curls or lifting a weight that is too heavy for you, your wrists might bend to compensate for the weakness in your arms. The same when you use resistance bands. Always keep your wrists straight. Make sure the resistance band isn't too tight, otherwise you risk over-flexing your wrists. You can do some stretches for your wrists by placing your hands on any flat surface table such as the floor, thighs or table. Be sure your fingers are facing inward instead of away. Do three sets, hold for 10 to 15 seconds.

Shoulders

Question: I have no problem lifting weights or using bands to strengthen my biceps, but I cannot lift my arms to the side without it hurting my shoulders. What safe exercises can I do?

Solution: One of the most common reasons for shoulder pain is an impingement. Your shoulder joint is composed of a ball and socket, with a shallow joint capsule. This means it is a tight fit. Since you have 360 degrees of motion, it can become unstable and is susceptible to injury.

[READ MORE](#)

For Your Inspiration

Music is Poetry with Personalities

"Unstoppable" – by Sia

"Yes We Can Can" – by Pointer Sisters

"Color My World" by Chicago

What's NEW

The Best Attitude for Your Heart - February is Heart Health month

Keep an optimistic outlook—it's proven to prevent a host of heart problems. According to Harvard researchers, a perennially sunny disposition will help you: lower your blood pressure, ward off heart disease, heal faster, and live longer. I believe it will attract good people into your life too.

Click here to find out more about [Metabolic Syndrome disorders](#) and how they affect the heart and what you can do.



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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.