



Since 2006

## Fitting News

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When you are committed to recovering from high conflict issues plaguing your life, how do you get started on a wellness path?



### Can You Be Thankful for Your Challenges?

Divorce, high conflict custody issues, recovering from drug or alcohol abuse, and other addictions that have you feeling stressed and out of control, can wreak havoc on your life. Ilene Fletcher, Executive Director of Family Visitation Services, Inc. says, "I see firsthand what happens when individuals find themselves at the mercy of the court system. It takes its toll both financially, and emotionally. If they can figure out ways to self-handling stresses and figure out what part they played in the conflict, it will help them avoid going down the same path repeatedly. Embracing the emotional pain by making life-affirming change, such as eating better and getting started on an exercise routine, can be the catalyst to getting you healthier."

Most of us have experienced some sort of struggle during our lifetime. We all have our story. Those who choose to make the positive shift in their life can benefit by releasing pent up tension by exercise and moving more.

Whether you want to end a marriage (personal or professional), deal with custody issues, or have lost your job, ask yourself, what physical changes you can make that might be worth exploring. Self-care is so important. In order to re-create your life in a different light, you're going to have to create one that includes taking care of yourself. If you keep repeating the same mistakes, then you'll keep reaping the same negative rewards.

**Break the cycle** - There are ways to get started that do not have to be complicated.

[Read More](#)

#### For Your Inspiration

##### *Music is Poetry with Personalities*

"You Raise Me Up" by Josh Groban

"It's My Turn" by Diana Ross

"My Cup Runneth Over With Love"  
from the Broadway show, "I Do, I Do"

#### What's **NEW**

Check out the **Lori Michiel Fitness** website for information to help observe:

[Older Americans Month](#)

[Arthritis Awareness](#)

[National Physical Fitness and Sports Month](#)



### 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](http://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.*