



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Each year at this time, the International Council on Active Aging® (ICAA) helps promote wellness. This year “Inspiring Wellness” is the theme.



Active Aging Week is Approaching. Create a Concrete Plan for Success.

Ever since I became a personal fitness trainer, I was drawn to working with seniors. I never had any doubt that would be my focus. Over 12 years ago, when I learned about ICAA and their efforts aimed at spreading the word about active aging, I jumped in. They have always been ahead of the curve. This month they want others to get involved and create clever campaigns to increase awareness and passion for fitness.

ICAA-What they do

The International Council on Active Aging® is an association that leads, connects and defines the active-aging industry, supporting organizations and professionals that develop wellness environments and services for adults over 50. Each year during Active Aging Week, people all over the country can celebrate activity and movement. Active Aging week is Sept 23-29, [click here to learn more](#).

[Read More](#)

For Your Inspiration

Music is Poetry with Personalities

“I Have Confidence” – from Sound of Music – Original Broadway Cast

“Some People” – from Gypsy – Original Broadway Cast

“You’re the Top” – from Anything Goes – Original Broadway Cast

What’s **NEW**

Band Give Away



The contest has come to an end. Thank you to all who entered. The lucky winners will be notified by email in the next few days. Check your in box!



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.