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Senior Fitness in the Home

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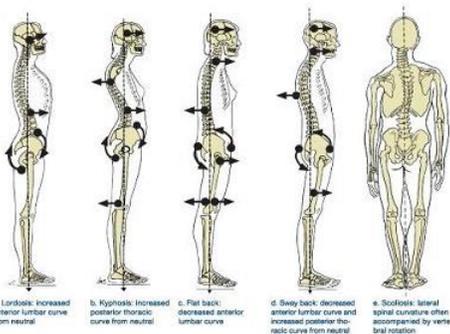


Fitting News

ISSUE #49

NOVEMBER 2018

Have you seen your posture reflection in the mirror lately? Do you have memories of your mom saying, “Chin up, shoulders back, stand straight!”?



Avoid the Midlife Slump That Can Create a Midlife Crisis

As we age, gravity has a detrimental effect on our posture. We all naturally shrink, as the intervertebral discs become less elastic, [osteoporosis](#) takes hold, or our bodies give into the pull of gravity causing slumping or leaning/rotating to one side of the body. Poor habits such as a sedentary lifestyle, incorrect standing or sitting postures, and even one-sided sports--such as tennis or golf--can exacerbate pre-existing muscle imbalances. One side of our body gets strong while the other side weakens.

Proprioceptive is the ability to sense our body regarding position, motion and equilibrium. Even if a person is blindfolded, he or she knows through proprioception if their arm is above their head or hanging by the side of their body, or if one leg is firmly planted in front of the other on the floor, or your head is hanging low instead of level with your shoulders if doing an exercise that requires you to bend forward from your hips.

Proprioception is disturbed in many ways as we age, and many are born without this sense. However, there are various ways to develop and hone proprioceptive through improved awareness and practice. For instance, practicing eyes opened and closed during certain movement and exercise helps create better proprioception for correct body alignment. Cues from someone “in the know” can teach visual applications for core strengthening and stretches which is featured in our [Exercise Snack Video](#) this month.

[Read More](#)

For Your Inspiration

Music is Poetry with Personalities

“Make Someone Happy” – by Tony Bennett/Bill Evans

“I Feel it Coming” – by The Weekend

“Never Too Much” – by Luther Vandross

What's **NEW**

Preserve and improve skeletal health with the following foods: Calcium from dairy, canned sardines (with bones) and leafy green vegetables.

Vitamin D from fortified cereals, whole eggs and fatty fish such as salmon and tuna.

Magnesium from black beans, nuts and spinach; Vitamin K from grapes and leafy greens like kale, parsley and spinach and Vitamin C from kiwi fruit, red bell peppers and citrus.

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.

