



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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We have to age, but we don't have to get old: a recipe for six mood boosters to brighten bumpy days.



Find Your Sunshine Even in Winter

When my friend, Joan, was diagnosed with rheumatoid arthritis (RA) 10 years ago, her daughter gave her a jar filled with silly trinkets and slips of paper with inspiring messages. She would pull a message from the jar once or twice a day, depending on how she felt. Each note she read brought a smile to her face for that moment in time. She called it her "sunshine" list.

Having mood busters is a smart way to cope with pain of any sort. When you're hurting, it's tempting to withdraw, feel sorry for yourself. Fun activity can take your mind off the ache and brighten your outlook.

You can create your own sunshine list of items or activities that bring you joy. Include a mix of simple or more complex options. A few suggestions to consider may be:

- Listen to some music from happier times. If you still own vinyl records, and a turntable, pull out a few albums and start listening. If you don't have any vinyl, there are many other options – even television cable stations have specialized music channels you can dial into.
- Along with listening to music, start moving those tootsies around. Dance as if no one is watching and you'll laugh your a—off.

[Read More](#)

For Your Inspiration

Music is Poetry with Personalities

"The Best is Yet to Come" – by Michael Bublé

"Good Day Sunshine" – by The Beatles

"Celebrate Me Home" – by Kenny Loggins

What's **NEW**

Essential Oils

Just a few drops of an essential oil can turn your bathroom into a spa. Before your next shower, sprinkle some on the bathroom counter, a little on the floor (where you will not step) – and let the warm steam circulate the scent. Try eucalyptus to relax you before bed or grapefruit for a morning pick-me-up.



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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.