



**LoriMichielFitness, Inc.**  
Senior Fitness in the Home

Since 2006



## Fitting News

ISSUE #51

JANUARY 2019

There are simple approaches to integrate change into your life. Can you do more to cultivate new habits, increase happiness, nurture self-confidence or just lose a few pounds?



### Ten Ways to Create New Habits and Overcome Challenges

With a new year comes new responsibility. Before the start of last year, I felt pressure to adjust both personally and professionally. How do you feel about starting a new year? What would you do to change things up a bit?

Here are some fun ideas that might get you thinking:

1. Create a Dream Board and add to it at least once a week, then follow through.
2. Ambition mixed with humility is a great combo. Strive to become the humblest person you know.
3. Eat a floret of raw cauliflower or broccoli, so you can truly appreciate how much better it is roasted.
4. Make Champagne popsicles.
5. Write a love letter by hand.

[Read More](#)

Check out the January Exercise Snack Video: [Sitting Begets Sitting](#)

#### For Your Inspiration

*Music is Poetry with Personalities*

"Friends" – by Elton John

"Time of the Season" – by Zombies

"On and On" – by Stephen Bishop

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

##### Tweak the Way You Clean

To rid your sink of offensive odor, pour five to eight cups of boiling water down the drain. Put a half cup of baking soda in and let it sit for a few minutes. Then pour a mixture of one cup of lemon juice and very hot water again into the drain. Cover with a plug to contain the reaction below the surface. Let it sit for five to 10 minutes, then flush once more with boiling water.



### 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.*