



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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Researchers studied 1,544 people age 50-plus. Some of those in their 80s had the lowest inflammation levels in their bodies because they took care of their health. This included cardio exercises along with resistance – weight training with weights and bands, stretching for flexible joints and mobility. Even in extreme old age, centenarians showed positive outcomes when they exercised. Low levels of inflammation were also an important predictor of people’s cognitive function, especially those in the oldest age group.



Use Exercise Bands to Boost Your Cardio Endurance and Reduce Inflammation

I’d have to say that of all the exercises I do, I love anything aerobic (getting my heart rate up) the most. Walking, jogging, biking and dancing are the most common forms to get your motor running and is a great way to shake off the cobwebs. Any quick, sustained movement can increase your heart rate.

Before you start moving around, think about what motivates you to push a little harder. Are you interested in exercise to [reduce stress and shake off the blues](#), lose weight, build a healthier brain (cognition), or make new friends?

Researchers say those who believed exercise was good for stress reduction valued it more with increased age. Motivation to move when reaching 60-plus can yield different benefits.

[Read More](#)

Check out the February Exercise Snack Video: [Cardio/Heart Month](#)

For Your Inspiration

Music is Poetry with Personalities

“The first wealth is health.” - Ralph Waldo Emerson

“To Sir With Love” – by Lulu

“Keeping the Faith” – by Billy Joel

“Born to be Wild” – by Steppenwolf

What’s **NEW**

Here’s more motivation to stay active as an older adult. A study found that older people with low muscle strength had more than twice the risk of dying than those with normal muscle strength. Comparisons were made between low muscle mass and strength and it was found that mortality was significantly higher among individuals with low muscle strength, regardless of whether they have low muscle mass.

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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.

