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Senior Fitness in the Home



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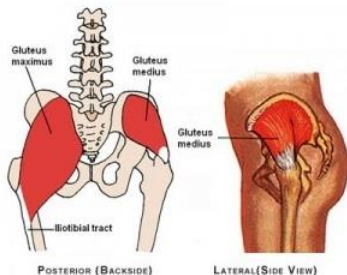
Fitting News

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Ever notice your rear-end drops lower and gets flatter with every passing year? Building gluteal muscles is not always about esthetics, it can be, but here are other ideas why it is important to have a firm tush.

What? No Butts after 50?



Squats and lunges alone won't get to these muscles and if you're limited by knees that don't allow you to do squats and lunges, you can still target your glutes with special exercises that isolate this part of your lower body. Strengthening the "glutes" can support your knees. If you've lost cartilage it won't bring it back, but strong gluteal muscles and hips keep the knees in optimal alignment and increase stability.

If you forget to use your glutes properly when lifting something heavy, you may rely on your back instead. Chances are, the injury was caused because the glutes weren't engaged. Your glutes should be doing the heavy lifting, not your spine! Strengthening this area requires good form and concentration. You must "tell" your glutes to work—they can be lazy.

What is the function of the gluteus medius? This muscle works with the other muscles on the side of your hip to help pull your thigh out to the side in a motion called hip abduction. For example, when walking and lifting your left leg up and forward, the right gluteus medius is contracting to keep your body level.

[Read More](#)

Check out the February Exercise Snack Video: [Menopause and Osteoporosis](#)

For Your Inspiration

Music is Poetry with Personalities

"Spread love everywhere you go. Let no one ever come to you without leaving happier." - Unknown

"We Are the Champions" – Queen
 "Say Goodbye to Hollywood" – Billy Joel
 "I Can See Clearly Now" – Johnny Nash

What's **NEW**

A study published in the Journal of the American College of Cardiology found that research on four of the most popular supplements: multivitamins, vitamin D, calcium and vitamin C, showed no consistent benefit for preventing cardiovascular disease. The study concluded that many people would be better off focusing on consuming plant foods (organic when possible) in which many required vitamins and minerals naturally occur.

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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.

