



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

Since 2006



## Fitting News

ISSUE #54

APRIL 2019

If you are sidelined by an illness, injury or surgery, use these strategies to feel better and heal faster.



### Emotional Flexibility – How Do You Heal?

In April, we recognize National Stress Awareness Month. One of the biggest stressors can be postponing your regular routines while recovering.

If you have ever had an accident and seemed to recover slowly from your injury or surgery, you know how it feels to disconnect with your regular routine. What if that routine was your exercise program? If you're like me, exercise is more important than most other activities. If it was cut short, how would it make me feel? Frustrated, depressed, self-absorbed...a regular minefield of emotion.

Healing should involve more than just the body, according to Jordan Metz, a sports medicine physician at the Hospital for Special Surgery in New York City. Your ability to adjust or regain your "emotional flexibility" can help you get back to your workout routine sooner. That was the case with my husband who, for most of January, suffered from a terrible cold and sinus infection, not to mention the other ugly things that come with feeling stuffed up and run down. Instead of dwelling on what he couldn't do, he dove into studying for a special religious project and practiced for his upcoming driver's license renewal test. He also meditated a bit to clear his head and remain positive. I am sure my home cooking also helped him keep his strength up.

[Read More](#)

Check out the April Exercise Snack Video: [Shoulder Mobilization and Stabilization to AVOID injury](#)

#### For Your Inspiration

##### *Music is Poetry with Personalities*

*"If you are working on something that you really care about, you don't have to be pushed. The vision pulls you." - Steve Jobs*

"Leave a Tender Moment Alone" – by Billy Joel  
"Penny Lane" – by The Beatles  
"Baby Come Back" – by Player

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

##### **April is also National Parkinson's Awareness Month**

Exercise has the potential to help both motor (balance, gait, strength/endurance) and non-motor (depression, apathy, fatigue, constipation) aspects of Parkinson's disease. Even if you don't have [Parkinson's](#), you can also benefit by improving your confidence.



### 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.*