



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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You can't make changes in your life without identifying what they are first.



The Stages of Change

"Ugh, I'm too tired for exercise." "I don't have time." "My knees hurt." "I've tried and it's not for me." "Boring!" "I'm always winded."

Sound familiar? There are NEW strategies to get moving and reclaim your willpower.

Our behavior determines whether we learn to acknowledge that there is a problem and if there needs to be a change. What if there's a problem, but you're not ready for change, but there is motivation to change? You say to yourself, "I've got to do something about this, it's serious". Then you act to change your unhealthy behavior and finally maintain it with love and support from those who care about you. Maintaining is probably the hardest stage. The experts say you need to be doing something for six months or more to reinforce and reap the rewards that change will bring.

[Read More](#)

Check out the May Exercise Snack Video: [Strengthen Your BACK and CORE](#)

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

Why Do I Have Belly Fat?

Q: After age 40, why does fat accumulate in a woman's belly even if it never did before?

A: Blame it on your cavewoman ancestors who needed extra fat to survive. Until women enter menopause, they tend to store fat around their hips and thighs. But then estrogen levels dip and testosterone increases, bringing with it the male tendency to bulk up around the middle. Stress can also be a culprit, too – it triggers cortisol, a hormone that causes cravings for sweet and fatty foods. Luckily, interval and strength training, along with eating well, helps blast fat and increase your metabolism.



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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.