



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Imagine...You've planned a big trip and you anticipate that there will be lots of walking and climbing steps, and you're worried you won't be able to keep up. Get rid of your doubts and learn how to get ready now.



Are You Fit to Travel?

A road trip or vacationing abroad seems within your grasp, but are you ready to go without hesitation? It's not uncommon to feel reluctant if you anticipate unexpected demands on your body.

Your trip may include a lot of walking, including uneven pavement. You might have to adapt to a change in altitude or navigate unpredictable passageways that twist and turn. Will you have to duck under a doorway, climb or descend stairs?

Envision how you would prepare for such a trip. It takes some ingenuity. You can make your practice as challenging as you like.

[Read More](#)

Check out the May Exercise Snack Video: [Better ARMS for Summer and MORE](#)

For Your Inspiration

Music is Poetry with Personalities

"People who are crazy enough to think they can change the world, are the ones who do." - Rob Siltanen

"Raise You Up" from the Broadway show Kinky Boots

"Unstoppable" - Sia

"Always Look on the Bright Side of Life" from the Broadway show Monty Python's Spamalot

What's **NEW**

Gardening Tips for Arthritis

If it hurts to bend over to pull weeds or plant seeds – try warming up your muscles and joints with dynamic stretches. No bouncing. Just hold the stretch for a few seconds, repeat a few times, then move on to other lower body muscles and joints.

While gardening, stand up and stretch every 15 to 20 minutes. Alternate tasks, such as weeding and watering, to avoid overworking one part of your body. Stay hydrated!



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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.