



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

Since 2006



## Fitting News

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It's no secret that our bodies feel tight and stiffer if we don't stretch, especially as we get older. If you invest most of your exercise time into strengthening your muscles or working on your cardio routine, it's easy to forget about stretching.



### Did You Hear? Stretching is Back in Fashion - Part 1 of 2

When I was in my teens, I used to envy my friends who could do splits in ballet class or wrap their legs around their neck like a Cirque du Soleil performer. I would love to have been that flexible and move with the grace of a swan. The bigger question is, now that I am in my sixties, do I still need to prove to myself that I can do it? Yes, but not necessarily to that extent.

How much stretching we do every day will depend on how much time we want to devote to it. For most people it is an afterthought. Five minutes before or after an exercise routine is common. Sometimes we are so tired after a routine, we forget about stretching all together. We all need a good S T R E T C H now and then. It's one of the keys to feeling more relaxed, open and mobile. Here is a good start to understanding the different types of stretching concepts and how they may apply to your lifestyle.

[Read More](#)

Check out the July Exercise Snack Video: [Get Your Shoulders and Arms in Shape](#)

#### For Your Inspiration

*Music is Poetry with Personalities*

*"Don't let yesterday take up too much of today"* – Will Rogers

*"Ain't We Got Fun"* – By Peggy Lee

*"Well Did You Evah?"* – By Frank Sinatra and Bing Crosby

*"All or Nothing at All"* – By Bobby Darin

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

##### **More Gardening Tips for Arthritis**

If it hurts to bend over to plant or pull weeds, consider a raised planter to avoid hunching over. Look for one that allows you to sit with your legs underneath, such as a table planter. "That way you won't have to twist your back", says Amy Wagenfeld, Associate Professor of Occupational Therapy at Johnson & Wales University-Providence, Rhode Island



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*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.*