



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

*Since 2006*



## Fitting News

ISSUE #58

AUGUST 2019

For any person, a regular stretching routine can bring some surprising benefits.



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

While you might think that stretching right before activity is beneficial, it needs to be done on a regular basis for a minimum of 10 minutes in order to bring some major changes to muscles and tendons. Research shows that people with the least flexibility have increased chances of injury.

I am one of those people who can easily sense when my body is tight. The areas for me that are my biggest challenges are my hips and back. It is probably the same for most people. I learned that before or after my spinning class at my gym, or a fast walk or gentle jog in the neighborhood, I pay close attention to stretching my hips and hip flexors. Hip flexors are the area located at the front, upper part of your thigh where it meets with the lower part of your torso. It is also referred to as the groin or groin muscles. Once I've stretched, I feel it is much easier to move around, even though I have arthritis.

[Read More](#)

Check out the August Exercise Snack Video: [Activating the Core Part 1 of 2](#)

#### For Your Inspiration

*"You learn more from failure than from success." –Unknown*

*Music is Poetry with Personalities*

"We are the World" from USA for Africa

"I Just Want to Celebrate" by Rare Earth

"The Best of All Possible Worlds" from the Broadway Show  
*Candide*

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

##### **Calm Your Brain**

Keep stress in check and be wise with your food choices to improve your mood and cognition. Getting more sleep should always be on your "hit" list. Other ideas to get you moving include tracking how long you sit each day and find ways to sit less. Begin a practice of gratitude, or focus on giving more to others. The act of kindness stimulates our brain, according to Amit Sood, M.D.

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For more blogs, exercise snack videos or to subscribe to this newsletter, sign up at [www.LoriMichielFitness.com](http://www.LoriMichielFitness.com), call 818-620-1442 or email me at [lorim@lorimichiefitness.com](mailto:lorim@lorimichiefitness.com)

*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.*

