



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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Start with these four methods to boost your mood naturally and defeat negative thinking.



Balance Distorted Thinking – How to Say No to Negativity

Some days I feel more anxious than others. Feelings alter the way we think, and thoughts can turn negative feelings like depression, anxiety or anger into a positive experience just as easily if we practice self-help exercises (psychological not physical, in this case) to dissolve the issues. Usually there is a trigger that sets things reeling. Certain exercises can facilitate a shift from negative thinking

or illogical thoughts to a happier, more balanced feeling.

Realize that life throws us curve balls just to keep us grounded (pardon the pun). Staying positive is not realistic or easy. For every negative emotion (for instance, sadness over the loss of a loved one or friend), there's both a healthy and a negative version. Here are some useful tips that can make a difference.

[Read More](#)

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

For Your Inspiration

Music is Poetry with Personalities

"To win without risk is to triumph without glory." – Pierre Corneille

"September" by Earth, Wind & Fire

"Soul Sacrifice" by Santana

"Home" from the Broadway show *The Wiz*

What's **NEW**

The Nose Knows

Certain aromas can instantly lift anyone's mood. Research from Hong Kong determined that scents may also ease symptoms of clinical depression. To experience the benefits at home, choose from some of the following essential oils that are recommended to boost mood and ease stress or anxiety:

Lavender – fresh and clean, Frankincense – earthy and relaxing, Roman chamomile – strong and sweet

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For more blogs, exercise snack videos or to subscribe to this newsletter, sign up at www.LoriMichielFitness.com, call 818-620-1442 or email me at 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.

