



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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



I'm Glad I Failed My Algebra Regents: A Journey of Discovery

Looking back at life, can we be satisfied with our choices?

I was 14-years-old, living with my mother and sister on Long Island. It was the summer of '68 when my mother decided to take advantage of a great offer. She surprised us with airline tickets to sunny California. It felt as if we had just won the lottery.

What happened next changed everything. A week before we were ready to leave, I received some bad news.

[Read More](#)

Check out the October Exercise Snack Video: [Stretching, Part 1 of 3: Shoulders, Neck and Upper Back](#)

For Your Inspiration

Music is Poetry with Personalities

"For myself, I am an optimist-it does not seem to be much use to be anything else." – Former British Prime Minister Winston Churchill

"You Raise Me Up" by Josh Groban

"Maybe I'm Amazed" by Paul McCartney

"How Lucky Can You Get" from the Broadway show Funny Lady

What's **NEW**

Lori Michiel Honored

[Medical Fitness Network](#) has nominated Lori Michiel for Professional of the Year. In addition to the nomination, Lori is featured on MedFit Network's video spotlight. The eight-minute interview focuses on Lori's inspiration, education, background and methods of her career and business. [Click here to watch Lori's interview.](#)

Lori Michiel, NASM-CPT, Senior Fitness Specialist

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.

