



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

*Since 2006*



## Fitting News

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While many people are writing about year-end in their blogs and social media, I wanted to shift the conversation to focus on personal feelings.



### Beating the Winter “Blahs”

Yes, of course I follow my fellow bloggers, but some of these blogs can bring up bad feelings. Maybe they are writing about the seasonal winds and fires in California that scare the crap out of us, or information shared from news circulating in print and social media—or even being overwhelmed with end-of-the year festivities. I try to keep calm although I have yet to formally start a meditation routine. Instead I remain true to my everyday exercises to keep me centered.

When people ask me about the best time to exercise, I share this [Read More](#)

Check out the December Exercise Snack Video: [Stretching, Part 3 of 3: Lower and Middle Back](#)

#### For Your Inspiration

*Music is Poetry with Personalities*

*“Whether you think you can or think you can’t – you’re right.” – Henry Ford, American Industrialist*

*“Reelin’ in the Years” by Steely Dan*

*“Make Someone Happy” by Tony Bennett and Bill Evans*

*“Words” by The Bee Gees*

#### What’s **NEW**

##### **Cataracts Are Very Treatable**

By age 75, about half of all Americans have cataracts. “As you grow older, the proteins in the lens start to clump together, which makes the lens cloudy”, says Dr. Christopher E. Starr of Weill Cornell Medicine.

You may delay the onset of cataracts by avoiding smoking anything and wearing UV-blocking sunglasses, which should be checked for strength every few years. Talk to an ophthalmologist before considering taking digestible eye supplements.



### 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](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.*