



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Think...What are you grateful for?

THANKS



Gratitude for Whatever Ails You

I open Facebook almost daily. I particularly enjoy reading my friend's post followed by what she is grateful for that day. I am thankful to receive these reminders, just when I think I'm not doing enough and can't go fast enough to do it. "It doesn't matter how slowly you go, so long as you do not stop." – Confucius; or "today I am grateful for inspiration".

Grateful. That's how I feel about life these days. Perhaps some people are desensitized and take things for granted, or rarely feel at peace with what comes their way. Then there are some who,

[Read More](#)

Check out the November Exercise Snack Video: [Stretching, Part 2 of 3: Shoulders, Hips and Legs](#)

For Your Inspiration

Music is Poetry with Personalities

"Come to the edge, Life said. They said: We are afraid. Come to the edge, Life said. They came. It pushed them...And they flew." – Guillaume Apollinaire, French Poet

"I've Seen All Good People" by Yes

"Leavin' on a Jet Plane" by Peter, Paul and Mary

"Turkey Lurkey Time" from the Broadway show Promises.

What's **NEW**

DRINK UP

Kombucha is trendy, but is it healthy? The fermented tea drink has made its way back from the '70s.

MAYBE - Its probiotic health claims haven't been clinically proved.

NO - It's fairly acidic. Try not to drink more than four ounces a day.

YES - When it has less than seven grams of sugar, it's a good alternative to soda.



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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.