



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

Since 2006



## Fitting News

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You've been given this body and you need to take care of it. Does your personal practice include a healthier lifestyle, OR would you prefer to remain in maintenance mode? It's wise to acknowledge your limitations, but do you have a plan beyond that?



HAPPY NEW YEAR

### What Are the Healing Powers of Exercise? Hitting the Refresh Button with Walking

You've been given this body and you need to take care of it. Does your personal practice include a healthier lifestyle, OR would you prefer to remain in maintenance mode? It's wise to acknowledge your limitations, but do you have a plan beyond that?

A constant in my life has been an unwavering belief in the preventative and healing power of exercise. Would you want to continue on the same path if it hasn't been working? Often, I hear my clients say that their doctor told them to exercise because it will help them lose weight, lower their blood pressure or reduce their arthritis symptoms. I commend them for speaking up but is it enough just to hear the words. Do you even care? [Read More](#)

Check out the January Exercise Snack Video: [Dos and Don'ts, Part 1 of 3 - Posture](#)

#### 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**

##### **THE BASICS: What Adults Should Know About CBD Part 1 of 3**

What is CBD? It is short for cannabidiol, an active compound found in the cannabis plant. CBD is not intoxicating, but may cause drowsiness. The CBD in most products is extracted from hemp, a variety of cannabis that has only traces of THC, the active ingredient that gets people high. Follow us in our February and March editions of What's NEW for more information on CBD.

- From Arthritis Today magazine



### 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.*