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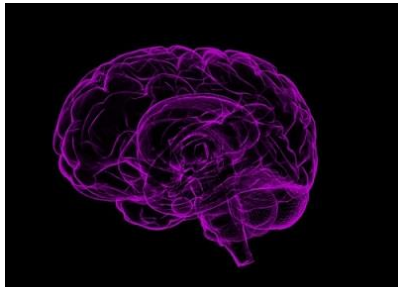


Fitting News

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Strokes are the fifth leading cause of death and a leading cause of disability in the United States according to American Heart Association.



Stroke Information and Prevention

The words STROKE or Cardiovascular Accident (CVA) represent an almost mythical evil beast; one that eschews all reason and understanding. A stroke can attack even the healthiest individual at any age. There is no magic bullet cure or even a consensus on preventative measures. Hospitals and therapists are reporting that more and more younger patients are requiring therapy post-stroke, some as young as their early 20's. [Read More](#)

Check out the February Exercise Snack Video: [Dos and Don'ts, Part 2 of 3 – Exercise Warm-Ups](#)

For Your Inspiration

Music is Poetry with Personalities

"A bell is no bell 'til you ring it, a song is no song 'til you sing it, And love in your heart wasn't put there to stay – Love isn't love, 'til you give it away." – Oscar Hammerstein

"25 or 6 to 4" - Chicago

"Wonderful World" by Herman's Hermits

"Neverland" from the Broadway show Peter Pan

What's **NEW**

THE BASICS: What Adults Should Know About CBD Part 2 of 3

Is CBD safe? Research evaluating the safety of CBD is underway. At this point the jury is still out on the safety implications. So far, no serious safety concerns have been associated with modest use. CBD is thought to have the potential to interact with some drugs commonly taken by people with arthritis. Talk to your doctor before trying CBD.



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.