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Senior Fitness in the Home

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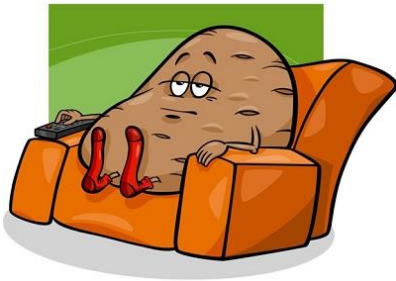
Fitting News

ISSUE #65

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Baby Boomer births began just after World War II ended, and they grew up during the Vietnam War (1965-73). They were shocked when John F. Kennedy (1963) was assassinated, they watched Richard Nixon's Watergate scandal unravel and can remember the untimely deaths of Marilyn Monroe (1962) and Elvis Presley (1977). The Beatles were a huge hit and movies such as Sound of Music (1965), The Godfather (1972), Star Wars (1977) and Grease (1978) graced the movie screens. Some partied at Woodstock (1969) and have the photos to prove it.

Can Baby Boomers Avoid the Couch Potato Urge?



Baby Boomers cannot be easily defined by their age. Their chronological ages prove ineffective for describing them as "old".

We (yes, I am a Baby Boomer) tend to measure ourselves by what we can accomplish. We have no intention to retire at 65, instead we want to fight chronic diseases that come with age, stay active and prefer to exercise in private.

However, researchers have concluded [Read More](#)

Check out the March Exercise Snack Video: [Dos and Don'ts, Part 3 of 3 – Posture, Back and Shoulders](#)

For Your Inspiration

Music is Poetry with Personalities

"No one has ever become poor by giving." – Anne Frank

"Everybody Says" from the Broadway show Don't Anyone Can Whistle

"Seize the Day" from the Broadway show Newsies

"Make All Our Dreams Come True" - Cyndi Grecco

What's **NEW**

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

Are CBD products legal and should I try them?

There are many changes underway on the federal and state level that will ultimately clarify the laws and regulations related to CBD-based products and sales. Despite that, they are widely available in nearly every state and online.

Without quality clinical studies on CBD, doctors cannot determine who will benefit and who should avoid it. Still, there is agreement on several points:

- CBD is not a substitute for disease treatments
- Talk to a doctor who treats other patients with a similar ailment with CBD to see if there are any positive results
- Keep a dose diary to track timing and its effects
- Pay attention to which type you should consider by mouth, topical ointments or inhaled



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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 hello@LoriMichielFitness.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