



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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If you're missing your trainer or the gym, you're not alone. Now may be the time to consider purchasing some equipment and creating a safe exercise environment, at home. You might even follow along with our [Exercise Snack Videos](#) for some fresh ideas to add to your practice.



Building a Home Gym for Seniors

If you're ready to cancel your gym membership and have started thinking about alternatives, consider exercising at home. You won't need to invest a lot of money. What you will need is a little ingenuity and creativity.

You can start by carving out a space in your home or apartment and make it into a haven [Read More](#)

For Your Inspiration

Music is Poetry with Personalities

"The one thing we can never have enough of is love. And the one thing we never give enough of is love." – Henry Miller

"New York New York" – Frank Sinatra

"Love Potion No. 9" – Searchers

"Sherry" – Four Seasons

What's **NEW**

If you've been eating healthy, you choose whole foods, not processed; you pick produce in many colors; and you get most vitamins and minerals through food instead of supplements.

Here are a few ways to get more nutrients from your food during these tough times.

Get local and fresh. Typically, Farmer's Market produce is more reliable than supermarket varieties.

Say yes to frozen. Fruits and vegetables are typically frozen at extremely low temperatures (flash frozen), right after harvest, so frozen produce can often be more nutrient-dense than older fresh food or canned.

Store smarter. Store fruits and vegetables separately; most fruits give off ethylene, which can cause vegetables to over-ripen and lose nutrients.

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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@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.

