



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Learn how your body's internal clock and focus can affect your arthritis symptoms.



Arthritis Problems – Beat the Clock

Every 24 months, there is a deadline I must meet. I start the process three months early. I don't relish the idea of starting early, but as a planner and organized person, it makes sense, right? Doesn't everyone need a running start? I also ban my husband and cats from my office.

Every two years I must re-certify as an Arthritis Foundation Program Leader. It coincides in May each year, which is Arthritis Awareness month. This is a difficult exam to pass and I often lose sleep over it. [Read More](#)

For Your Inspiration

Music is Poetry with Personalities

"It is not enough to be busy. So are the ants. The question is, 'What are we busy about?'" – Henry David Thoreau

"Soul Sacrifice" – Santana

"Night Fever" – The Bee Gees

"The 59th Bridge Song" – Harpers Bizarre

What's **NEW**

Cultivate Your Emotional Intelligence

You can't get to second base with your foot on first.

Turns out emotionally intelligent people have a few superpowers when it comes to embracing joy. Research shows they are better at savoring positive emotions and avoiding fault-finding – a couple of steps toward greater happiness that we could all work on.

Source: SWPS University of Social Sciences and Humanities



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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.