



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Being an active participant in your care and collaborating with a team of specialists is empowering and inspiring. Your routine should always consider safety as a priority.



National Safety Month

While team-based care encourages all health care professionals to do what they have been trained to do best in their fields of expertise, it also encourages patients to take an active part in their treatment. That means [Read More](#)

For Your Inspiration

Music is Poetry with Personalities

“Every noble work is impossible.” – Thomas Carlyle

“People Say” – The Dixie Cups

“We Are the Champions” – Queen

“Fool in the Rain” – Led Zeppelin

What's **NEW**

Bust Stress the Creative Way

We know that stress is sometimes similar to feeling that your head and body are being squeezed and you have no control. A recent study found that caregivers who took part in a free-flowing coloring session or a guided art therapy workshop, reported improvements in their mood and feeling less anxious.

When you are making art (no lessons needed), it helps to deal with challenges and problems by opening up pathways to creativeness and eases how we process difficult emotions.

Pick up an adult coloring book and some colored pencils or watercolor paints. Start scribbling or painting – shade your way to Zen.

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 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.

