



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #69

JULY 2020

Connecting with our animals leaves me speechless.



Lessons from a Pet Lover

It is early morning. I hear the songs the birds are humming and other voices of the neighborhood waking up around me as sunshine peaks through my bedroom window. I quietly ease out of my warm and toasty bed so as not to disturb my husband, carefully opening the bedroom door. I am greeted by [Read More](#)

Check out the July Exercise Snack Video: [Osteoporosis and Exercise to Improve Balance to Reduce Trips and Falls](#)

For Your Inspiration

Music is Poetry with Personalities

"It is not the strongest of the species who survives nor the most intelligent that survives. It is the one that is the most adaptable."
– Charles Darwin

"I've Seen All Good People" – Yes

"Reelin' in the Years" – Steely Dan

"4th of July Asbury Park" – Bruce Springsteen

What's NEW

Your Brain on Stories

What engages more of your brain than music or math? University of California, Berkeley researchers have discovered that it's story telling. Their studies show that listening to story podcasts or books on tape activated sensations, emotions and memories not on just one side, but across both sides of our brain, thereby upending right brain/left brain theory. "Understanding a story requires access to all kinds of cognitive processes: social reasoning, spatial reasoning, emotional responses, visual imagery, and more", says study author Alex Huth. The findings may one day help scientists "read the brains of people who can't speak due to stroke or disease".



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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.