



**LoriMichielFitness, Inc.**  
Senior Fitness in the Home

Since 2006



## Fitting News

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By tapping into your creativity it can inspire you to be more inventive.



### Boredom is Not an Option

Chances are there have been moments of sheer boredom or a feeling of apathy as our ever-changing world evolves. We repeat the same words, “I’m bored”.

“Boredom is not the result of lack of things to do,” said James Danckert, a cognitive neuroscientist and co-author of “Out of My Skull: The Psychology of Boredom”. He suggests that boredom is “... a combination of [Read More](#)

Check out the August Exercise Snack Video: [Four Simple Balance Exercises to Do at Home](#)

#### For Your Inspiration

##### *Music is Poetry with Personalities*

*“The best index to a person’s character is (a) how he treats people who can’t do him any good, and (b) how he treats people who can’t fight back.” - Abigail Van Buren, “DEAR ABBY”*

“Vacation” – Go-Go’s

“Don’t Bring Me Down” – Electric Light Orchestra

“A Puzzlement” from the Broadway show The King and I

#### What’s NEW

For her blog, [“So You’ve Gained the Quarantine 15 – Here’s What to Do”](#) featured in The Upside, Kelsey Ogletree interviewed Lori regarding the role that exercise plays in getting back in shape for summer after putting on pounds during Covid-19 shelter-in-place

Lori gives tips about scheduling exercise, taking breaks and recognizing how habits may have changed. Other professionals contribute to the article regarding routine, diet and a refocused attitude and how these can assist in losing the dreaded “Quarantine 15” and ushering in a healthier lifestyle.

### 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](http://www.LoriMichielFitness.com), call 818-620-1442 or email me at [hello@lorimichiefitness.com](mailto: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.*

