



**LoriMichielFitness, Inc.**

*Senior Fitness in the Home*

**818-620-1442**

[www.lorimichiefitness.com](http://www.lorimichiefitness.com)

**Lori Michiel**, founder of *Lori Michiel Fitness™*, is a professional specializing in senior fitness with the National Academy of Sports Fitness. She is an active member of the International Council on Active Aging (ICAA), IDEA Fitness Association and Medical Fitness Network.

Lori's journey into what would become the active-aging field began in 1980. After more than a decade in the fitness industry, Lori adopted her practice for individuals with chronic conditions such as arthritis, diabetes, osteoporosis, Parkinson's diseases, stroke recovery and other ailments to enhance safety and quality of life for seniors.

Lori and her team of over 30 trainers, in Southern California, passionately support the use of exercise to improve health, function and quality of life for seniors and former athletes in their home.

### ***Lori Michiel Fitness***

**Lori P. Michiel**, NASM, Certified Personal Trainer

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