



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

ISSUE #71

SEPTEMBER 2020

This month, I wanted to treat my readers to what a special friend and comedian wanted to share. Roberta Gold, R.T.C., CHP - [Laughter for the Health of it](#) - is talented and very wise. I thank her for her time and love.



The Fun Factor Brings More Smiles

The past five to six months have been unlike anything most of us have experienced in our lifetime. The Coronavirus has swept us into another dimension that has changed everything from social gatherings to workdays to walks along the beach.

Many are now living as multi-generational families with adult children moving back home and bringing grandkids. And if you don't have the kids/grandkids with you, then it is even harder [Read More](#)

Check out the September Exercise Snack Video: [Five Exercises for Balance While Reaching and Walking](#)

For Your Inspiration

Music is Poetry with Personalities

"Summer Love" from the soundtrack of the Jazz Singer

"September" – Earth, Wind & Fire

"September Song" – Maurice Chevalier

What's NEW

Swapping Sugar

The average American consumes 22 teaspoons of added sugar per day – a staggering amount! The American Heart Association recommends that women limit their daily intake of added sugar to six teaspoons, and men to nine teaspoons.

Swap: flavored yogurt for plain plus fresh fruit; sugary drinks for water or tea; sugary and potentially fatty dressings for balsamic vinegar, feta and avocado.

The good news: Training yourself to prefer less sugary foods does not require a restrictive diet. Become aware of how sugar works in the body so you can increase your energy and lower your disease risk.

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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.

