



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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When you're in pain or overly focused, it may be difficult to make yourself get up and move.



Sitting Too Much? Painless Tips to Get You Moving

Staying home and deskbound: on a Zoom call, watching too much television or sitting too long at the dinner table are all contributors that a growing body of evidence suggests is hazardous to your health. Habitual inactivity raises risks for [Read More](#)

Check out the October Exercise Snack Video: [Three Exercises to Relieve Pain in Your Hips and Strengthen Your Core](#)

For Your Inspiration

Music is Poetry with Personalities

"If you want the present to be different from the past, study the past." – Baruch Spinoza

"How Lucky Can You Get" from the soundtrack of Lucky Lady

"Peace Train" – Cat Stevens

"A Wonderful Day Like Today" from the Broadway show The Roar of the Greasepaint – The Cheer of the Crowd

What's **NEW**

Breast Cancer, Hormones and Exercise

Excerpted from the American Cancer Society®

Having more fat tissue can increase your chance of getting breast cancer by raising estrogen levels. Also, women who are overweight tend to have higher levels of insulin, another hormone linked to some cancers, including breast cancer.

Studies suggest the risk appears to be increased for women who gained weight as an adult but may not be increased among those who have been overweight since childhood. Also, having extra fat in the waist area may raise risk more than having extra fat in the hips and thighs.

Losing as little as 5%-10% of your weight improves your overall health. What's more, exercise can also lower breast cancer risk. Many studies have found that exercise is a breast-healthy habit. As little as 75 to 150 minutes of brisk walking each week has been shown to lower 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.

