



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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Whether it is Thanksgiving or another holiday, we miss the warmth of a hug. Though it is hard not to hug someone you care about during the pandemic, there are ways to do it right.



Holiday Hug Guide

Hugging doesn't have to be off-limits. There are ways to do it without feeling apprehensive. Going without human touch can feel punishing, particularly people who live alone. Touching increases mood-lifting brain chemicals like dopamine, serotonin and oxytocin--the bonding hormone," says Maria DeLeon, a neurologist who was diagnosed with Parkinson's disease in 2015.

One way to hug safely is to [Read More](#)

Check out the November Exercise Snack Video: [Easy Impact Exercises to Improve Osteoporosis](#)

For Your Inspiration

Music is Poetry with Personalities

"Opportunities are usually disguised as hard work, so most people don't recognize them." – Ann Landers

"All of Me" – John Legend

"The Loco-Motion" – Little Eva

"Proud Mary" – Ike & Tina Turner

What's **NEW**

Pumpkin Power

This season's unofficial mascot is good for more than just carving. Pumpkins are a fall superfood high in nutrients with excellent antioxidant properties. That's particularly good news considering a new study in The BMJ Medical Journal: It analyzed health data from thousands of Europeans and found that having higher levels of such nutrients in the blood was associated with lower risk of developing Type 2 diabetes. Eating only 66g of pumpkin a day (half a cup) could reduce the risk by as much as 25%. Canned pumpkin counts. Just stay away from the pumpkin pie and ice cream and other such treats.

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, 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.

