



LoriMichielFitness, Inc.
Senior Fitness in the Home



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Fitting News

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Holiday treats and food in general can disguise themselves as comforting, but can deprive us of needed sleep, make us temperamental or fat.



Body Image - Is Food Your Friend or Foe?

I am no different than you. I can surrender to the same temptations regarding food, whether it is holiday time or not (any excuse to indulge!) and have for most of my life. It began when I was an adolescent. My seemingly happy family fell apart - destroyed when [Read More](#)

Check out the December Exercise Snack Video: [Three Upper Body Exercises for Bone Health and Strength](#)

For Your Inspiration

Music is Poetry with Personalities

"What could be more beautiful than a dear old lady growing wise with age? Every age can be enchanting, provided you live within it." - Brigitte Bardot

"Seasons of Love" from the Broadway Show Rent

"A Groovy Kind of Love" - The Mindbenders

"Something's Coming" from the film West Side Story

What's **NEW**

Natural Benefits of Nutmeg

Nutmeg, the seed of a tropical evergreen tree native to Indonesia, isn't just something that spices up your autumn baking masterpieces. Its therapeutic uses have been valued for centuries.

Try this tasty remedy: Sleep Soother - Nutmeg stimulates the release of serotonin, which leads to the production of melatonin. As a nightcap mix 1/8 tsp of fresh nutmeg with a few drops of vanilla and one cup of milk on low and simmer until it is warm, not hot. Yum!

Source: Arricca E. Sansone



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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.