



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Discover ways to overcome pain and adversity and put a positive spin on any setback.



Seven Ways to Build Resilience for the New Year

We are either born with a sense of resilience or can develop it with time and patience. Adapting to difficult situations, [Read More](#)

Check out the January Exercise Snack Video: [Ten Minutes of Senior Muscular Power Exercises for the Upper Body](#)

For Your Inspiration

Music is Poetry with Personalities

"Love is when someone doesn't care about your past because they want to be with you in your future." – Unknown

"Change the World" - Eric Clapton

"Thanks" - Janis Ian

"I Have Confidence" from the soundtrack of The Sound of Music

What's **NEW**

Check Off Your Checkup

You may schedule an annual physical each year, but how good are you at keeping up with other preventative health appointments, like mammograms, heart disease screenings or blood sugar tests?

According to a new survey of 3,000 women by *Prevention Magazine*, many of us need to up our game. Just 24% of respondents said they got regular mammograms, 20% got screened for heart disease and the numbers stayed about average for other tests. If you're one of the slackers, consider this a gentle push and make those appointments.



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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.