



**LoriMichielFitness, Inc.**  
Senior Fitness in the Home

Since 2006



## Fitting News

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Take notice before your muscles begin to evaporate, and you need someone else to take charge.



### A Self-Evaluation to Do at Home

Here are some questions, allowing you to make a self-evaluation, which can help you decide if you need assistance.

- 1. Can you walk 50 feet in 12 seconds?** This benchmark is a good indicator of the ability to walk for exercise. If you can't, it's time to think about ways to get moving.
- 2. Can you walk 400 meters (a little less than a quarter mile) in just over five minutes?** For endurance, the threshold is walking 400 meters or [Read More](#)

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

#### For Your Inspiration

*Music is Poetry with Personalities*

*"The more I have to do, the more I meditate." - Dalai Lama*

*"Bring Me Home" from Broadway show Les Miserable*

*"Mr. Jaws" - Dickie Goodman*

*"Limbo Rock" - Chubby Checker*

#### What's **NEW**

##### Growing Natural Cures

by Tieraopna Low Dog, M.D.

These four herbs can treat common ailments:

**Lemon balm** helps relieve headaches and muscle tension, ease indigestion and reduce the severity of cold sores.

**Peppermint** relieves nausea, intestinal gas, abdominal cramping and diarrhea. Menthol, the active compound in peppermint, can also help loosen phlegm and ease a cough.

**Sage** helps clear the mind and improve cognition. It also aids digestion and reduce hot flashes. Sage's antibacterial compounds soothe coughs and sore throats and heal cuts and scrapes.

### 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](http://www.LoriMichielFitness.com), call 818-620-1442 or email me at [hello@lorimichiefitness.com](mailto: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.*

