



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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As we age into our senior years, it is increasingly important to be aware of our diets—in addition to keeping fit through exercise. Since March is National Nutrition month, I've asked Joy Kelly, BA to contribute suggestions of food that can contribute to our health. At the end of Joy's article, there is a list of fruits, vegetables, spices, nuts and grains and their benefits. - Lori



What's the Magic Number? By Joy Kelly, guest writer

Pollan's book, Omnivore's Dilemma, was really eye-opening for me; I keep reading about the need for not just eating more plants but eating a really wide variety of them.

And it makes sense, right? If you ate nothing but apples and carrots all day, you probably wouldn't get all the nutrition you need. [Read More](#)

Check out the March Exercise Snack Video

Ten Minutes of Senior Muscular Power Exercises for Core Strength



For Your Inspiration

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

♪ Music is Poetry with Personality ♪

"Bring Me Home" from the Broadway show Les Misérables

"Mr. Jaws" - Dickie Goodman

"Limbo Rock" - Chubby Checker



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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.