



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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It's National Parkinson's Disease Awareness Month.



Parkinson's Symptoms - "OPEN WIDE" - A Trip Down Our Throat

Our throat muscles, through which we speak, sing and scream, give us our signature sound. In many situations people affected by Parkinson's disease (PD) have diminished voice control. According to Wikipedia, Parkinson's disease can cause changes in speech. The voice may get softer, [Read More](#)

Check out the April Exercise Snack Video

[Five-Minute Shoulder Routine You Can Do at Home](#)



For Your Inspiration

"Imagination is the highest kite one can fly." –
Lauren Bacall

🎵 Music is Poetry with Personality 🎵

"Words" - The Bee Gees

"Tomorrow, Tomorrow" - The Bee Gees

"We Can Do It" from the Broadway show The Producers

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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.

