



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

Since 2006

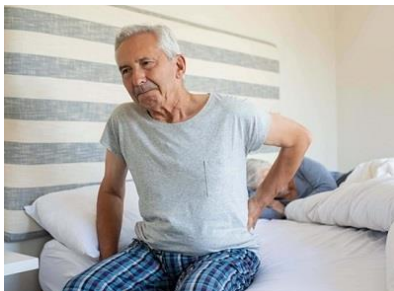


## Fitting News

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MAY 2021

As we recognize Arthritis Awareness Month, we examine the pain associated with arthritis. Did you know that more than 45% of Americans experience arthritis pain on a regular basis? Are you one of them?



### The Impact of Arthritis Pain

We tend to fall into bad habits as our bodies adapt to chronic pain. For arthritis sufferers, this is not new. They often develop coping habits that can actually make the condition worse. When chronic pain spikes, it often cues behaviors that, although dysfunctional, provide a short-term reward.

Our body goes into defense mode. We tend to wobble as we walk, our shoulders become more rounded and our heads and chins jut forward, teeth clench, while our smiles diminish. Over time, these physical changes can make it harder to recover. Discomfort becomes a familiar “friend”. [Read More](#)

Check out the May Exercise Snack Video

### [Tricep Definition in Less Than Four Minutes](#)



#### For Your Inspiration

*“There's a lot more to you than there is to you!”*  
Max Bialystock in the Broadway show The Producers

#### ♪ Music is Poetry with Personality ♪

“It’s Not Where You Start” from the Broadway Show Seesaw

“Trip a Little Light Fantastic” from the soundtrack of Mary Poppins Returns

“Dividing Day” from the Broadway show Light in the Piazza

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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.*

