



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #80

JUNE 2021

Protect yourself: Helpful tips on keeping you and your loved ones out of danger.



What's on the Menu for National Safety Month?

I'm a safety girl. I wear a mask in public, follow all the COVID protocols and practice what I preach related to exercise and YET, I still managed to [Read More](#)

Check out the June Exercise Snack Video

[Get a Glute Makeover](#)



For Your Inspiration

"We are generally more convinced by the reasons we discover on our own than by those given to us by others." – Marcel Proust

🎵 Music is Poetry with Personality 🎵

"Fight Song" - Rachel Platten

"I'll Be Around" - The Spinners

"What About Love?" from the Broadway Show The Color Purple

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, 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.

