



**LoriMichielFitness, Inc.**

*Senior Fitness in the Home*

**818-620-1442**

[www.lorimichiefitness.com](http://www.lorimichiefitness.com)

**Lori Michiel**, founder of *Lori Michiel Fitness™*, is a professional trainer specializing in senior fitness since 2006. She is certified by the National Academy of Sports Medicine. She is an active member of the International Council on Active Aging (ICAA), IDEA Fitness Association, Functional Aging Institute and MedFit Network.

Lori's journey into what would become the active-aging field began in 1980. After more than a decade in the fitness industry, Lori adopted her practice for individuals with chronic conditions such as arthritis, diabetes, osteoporosis, Parkinson's disease, stroke recovery and other ailments to enhance safety and quality of life for seniors.

The company provides customized in-person, one-to-one fitness training to seniors in their homes in Southern California. Outside of the service area, classes are offered online. Lori also teaches group classes at local assisted living communities.

She is available for speaking engagements, including presentations that target specific topics of senior fitness and exercise such as safety assessments, osteoarthritis, older women and exercise, Parkinson's disease, weight loss, balance and more. She has presented to professionals, assisted living communities and service organizations.

Lori and her team of over 30 trainers passionately support the use of exercise to improve health, function and quality of life for seniors and former athletes in their home.

For more information about Lori and *Lori Michiel Fitness, Inc.™*, please visit [www.LoriMichielFitness.com](http://www.LoriMichielFitness.com).

### ***Lori Michiel Fitness***

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