



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

Since 2006



## Fitting News

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Hot summer weather can quickly dehydrate you.



### Dehydration Generation - Who is Most Susceptible?

The sensation of thirst declines with age. Even young children who play outdoors in the heat are often reluctant to stop playing and drink water.

In seniors, illness and medications may further reduce thirst or increase urine production. Older adults are at increased risk of [Read More](#)

Check out the June Exercise Snack Video

### [Relief for Soreness in the Hip: Two Stretching Exercises to do at Home](#)



#### For Your Inspiration

*"We all live with the objective of being happy; our lives are all different and yet the same."* – Anne Frank

#### 🎵 Music is Poetry with Personality 🎵

"Summertime" - DJ Jazzy Jeff & the Fresh Prince

"The Boys of Summer" - Don Henley

"Summer of '69" - Bryan Adams



### 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](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.*