



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Looking back to see where we've been after extraordinary times. Are we heading out the right door?



How Do You Measure Progress?

In the past year, what have you fantasized most about that you couldn't do during the pandemic? Have you developed taste for different things? Are your relationships stronger, or have you chosen to discard relationships that no longer hold as much meaning? Perhaps both. How are your connections today? Do you feel you've grown as a person and made progress? [Read More](#)

Check out the August Exercise Snack Video

Tight Hamstrings and Calves be Gone

Many older adults and seniors suffer from back pain. This can be caused by tight muscles elsewhere. Here Lori demonstrates exercises for your ankles, hip flexors, hamstrings and calves to help eliminate lower back pain.



For Your Inspiration

"People think all I have to do is stand up and tell jokes. Well, that's not as easy as it looks. Every year it gets to be more of an effort to stand up." – George Burns

🎵 Music is Poetry with Personality 🎵

"Summer Breeze" - Seals and Crofts

"California Girls" - Beach Boys

"All Summer Long" - Kid Rock



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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.