



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Change your address before pain moves in permanently.



Keeping the Negative at Bay - What is Your Body Telling You About Handling PAIN?

I am tired of my left thigh hurting. I know I have arthritis in my hip, but I needed to dig deeper and find [Read More](#)

Check out the September Exercise Snack Video

[Stretch Out Your Hips in Three Minutes](#)

As we age, our hips can tighten up, in turn causing pain while sitting, standing or even lying down. Seniors can help open their hips by stretching the fascia, the connective tissue between muscles. Here are two rotating exercises done on a mat to help loosen the fascia around the hips.



For Your Inspiration

"Nature uses only the longest threads to weave her patterns, so that each small piece of her fabric reveals the organization of the entire tapestry." – Richard Feynman

🎵 Music is Poetry with Personality 🎵

"Hot Fun in the Summertime" - Sly and the Family Stone
"School's Out" - Alice Cooper
"Margaritaville" - Jimmy Buffett



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.