



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #84

OCTOBER 2021

Life is demanding and it's easy to get swept up by speed. To curb feelings of being wired, tired, depleted or depressed, we need to start with simple awareness.



Don't Stop: Breathe and Press Pause

Guest Blog by Alyse Hart, Freebird Mojo, Qigong

First, notice your "tells": those aches and pains in your neck, shoulders or any other place you habitually hold tension and tightness. Get curious about your breath. Right now, is it shallow, constricted or fast? With this info you can [Read More](#)

Check out the October Exercise Snack Video

[The Best Stretch for Weak Hamstrings](#)

Tight hamstrings can cause you to walk incorrectly. Here's a simple pose, using a table, you can do to help stretch out the hamstring. Another option would be to try any other stable surface, such as your kitchen counter or table, as long as it is hip height when you stand alongside. Start off at 30 seconds and work your way up to three minutes.



For Your Inspiration

"The more you work, the luckier I get." - Mark Twain

🎵 Music is Poetry with Personality 🎵

"If I Could Turn Back Time" – Cher

"All that Matters" – from the Broadway show Finding Neverland

"Magic to Do" - from the Broadway show Pippin



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.