



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

Since 2006



## Fitting News

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What has made a difference to you this year?



### We Have Good Reason to be Thankful...Still

I always thought of Thanksgiving as my favorite holiday. Back in the 1980s, the est training, created by the charismatic Werner Erhard, was both very controversial and popular for those seeking answers to “life”. Aside from the “training”, est had many programs that were philanthropic in nature. One was called “The Holiday Project”.

Whoever wanted to volunteer agreed to visit hospitals or nursing homes as a group. They would bring holiday cheer in the way of music and song. It was a great way to reach out to seniors who were struggling to stay alive, or lonely because they had no visitors. I participated because I wanted to feel a part of something that I had never experienced. It was the first time I had been inside a nursing home since moving to Los Angeles in 1980.

Although est was controversial, I am thankful for this program and thankful that I was a part of that experience. It helped pave the way for my life as I know it today. Some 40+ years later, our world has been turned upside down because of the Pandemic, but, for many of us, there are plenty of things to still be thankful for.

So, this for my family, friends and clients: something written by Abigail Van Buren (of Dear Abby fame) about being thankful. [Read More](#)

Check out the November Exercise Snack Video: [Exercises for Balance Emphasizing Breathing](#)

#### For Your Inspiration

*“Evil does not prevail until it is given power.” - Rabbi El’Azar, The Zohar*

#### 🎵 Music is Poetry with Personality 🎵

The Wah-Watusi – The Orlons

Time Has Come Today – The Chambers Brothers

Games People Play – The Alan Parsons Project



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*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.*