



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Aging is not for cowards. The sooner we begin to plan differently, the more likely we will remain motivated.



If We Upgrade Our Phones, Why Not Upgrade What Motivates Us?

How do I motivate my clients? My clients are wide-ranging, including children of aging parents, those struggling with [menopausal symptoms](#) or a recent [osteoporosis](#) diagnosis, and seniors from their sixties into their nineties! When I understand a little more about their behavior and what inspired them to contact me, I'm halfway there.

What motivates us to change is driven by [Read More](#)

Check out the December Exercise Snack Video:

[Balance Exercise for Seniors](#)

These exercises offer some challenge by walking heel to toe while using a bar for balance. How is your balance?

[Click here to take our Balance Profile Quiz!](#)



For Your Inspiration

"I don't think of all the misery, but of all the beauty that still remains." – Anne Frank

♪ Music is Poetry with Personality ♪

Count Your Blessings - from the soundtrack of White Christmas

Sunday Morning Sunshine - Harry Chapin

Seize the Day - from the Broadway musical Newsies



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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.