



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Loosen your own rules, because a light attitude is the right attitude.



Lifting Restrictions We Put on Ourselves

I have been asked about authoring a book. A book??? The first thought that entered my head was, how could I do it? Then at 2:45 a.m. one morning, my mind screamed – start planning! I yelled back, “How would I start”? “Sounds like a lot of work, who would read it?” I had lots of questions, but after an hour, it became a one-sided conversation. I knew in my [Read More](#)

Check out the January Exercise Snack Video:

[Advanced Balance Exercise for Seniors](#)

Here’s another challenging way to practice your balance. While looking straight ahead, focus on your support leg and try walking on an uneven/unstable surface. Once you’ve mastered this, you might try small head movements to the left or right or up or down.



For Your Inspiration

"No tears in the writer, no tears in the reader. No surprise in the writer, no surprise in the reader."
– Robert Frost

🎵 Music is Poetry with Personality 🎵

“We Can Do It” – from the Broadway show The Producers

“What a Wonderful World” – Sam Cooke

“Reminiscing” – The Little River Band



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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.