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Senior Fitness in the Home

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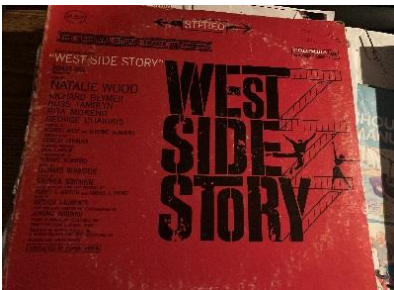


Fitting News

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Music and dance go together like peas and carrots.



Love the Connection Between Music and Dance

Dancing is as old as love. It requires the use of our entire body. Stepping, swaying bodies moving in rhythm. Music combined with dance makes it three dimensional and helps stir emotions in all of us. We become aware of our [Read More](#)

Check out the February Exercise Snack Video:

[Slim Your Waist and Strengthen Your Back with Side Planks](#)

Lori demonstrates an intermediate side plank for those who have been exercising and may want something a little extra to help their core and back strength—and to build confidence! This video shows three modifications with increasing challenges: knees bent, legs separated and legs together.



For Your Inspiration

“Your exercising is always connected to a purpose and crafted to accomplish it. You must find purpose and put it to work.”

—Twyla Tharp, Choreographer

♪ Music is Poetry with Personality ♪

“A Little Bit O’ Soul” – The Music Explosion

“Nowhere To Go But Up” – From the Broadway Musical Mary Poppins Returns

“Baby Workout” – Jackie Wilson



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.