



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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It is certain that my eating habits as a teenager shaped who I was to become as an adult.



You Are What You Eat, the Unexpected Benefits

When I look back over my teen years after entering college, I realize I must have made an unconscious decision to lose weight by eating less, walking more, which was [Read More](#)

Check out the March Exercise Snack Video:

[Improve Your Core at 60+ – Advanced Plank](#)

Here is a more advanced plank exercise done by balancing on your forearms and bracing your torso. This movement both strengthens your core and can help an achy back. When just beginning, hold for 20 seconds and increase this hold, as you progress, up to one minute. You can also incorporate leg movements by extending legs to the side and tapping the floor.



For Your Inspiration

“Few enterprises of great labor or hazard would be undertaken if we had not the power of magnifying the advantages we expect from them.”

– Samuel Johnson, Writer

♪ Music is Poetry with Personality ♪

“For Good” – From the Broadway Musical Wicked

“I Only Want to Be with You” – Dusty Springfield

“Keep on Dancing” – The Gentrys



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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.