



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

Since 2006

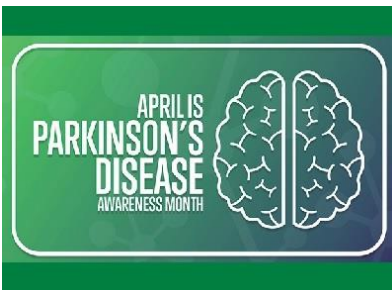


## Fitting News

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You have likely heard of the actor, Michael J. Fox, who has been living with [Parkinson's disease](#) (PD), the second most common neurodegenerative illness, since he was 29 years young.



### Delay the Disease Called Parkinson's – What Can Be Done

Most people diagnosed are between 40 and 70 years of age. My uncle, a physician, who inspired me to help others delay the disease, was diagnosed in his late 60's. He didn't have to die [Read More](#)

Check out the April Exercise Snack Video:

#### [Improve Your Core at 70+](#)

Seniors, 70-plus, can strengthen their core (the area from your shoulders to your lower back) with plank exercises.

As you're beginning this type of movement, it is recommended to try a modified plank, using an elevated surface and extending forward and back. Variations on this include tightening your torso and doing small push-ups.



#### For Your Inspiration

*"My wealth has come from a combination of living in America, some lucky genes, and compound interest."*

– Warren Buffett, CEO of Berkshire Hathaway

#### 🎵 Music is Poetry with Personality 🎵

"Here Comes the Sun" - The Beatles

"A Day in the Life" - The Beatles

"Something" - The Beatles



### 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](http://www.LoriMichielFitness.com), call 818-620-1442 or email me at [hello@lorimichiefitness.com](mailto: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.*