



LoriMichielFitness, Inc.
Senior Fitness in the Home

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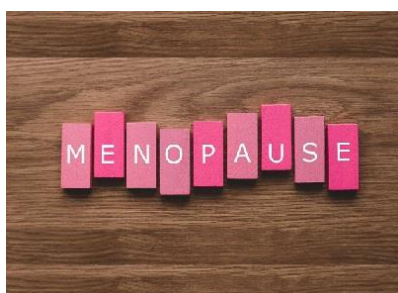


Fitting News

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Clients going through menopause can learn easy exercise programs that are focused and achievable.



Menopause - The Word That Women Love to Hate

During menopause, women experience a hormonal shift that can alter their quality of life and change their perception about their body.

It's more than [Read More](#)

Check out the May Exercise Snack Video:

[Improve Your Core at 84](#)

As we age, balance is key to maintaining our health. Planks are an outstanding way to work our core muscles AND improve our balance.

Here is an easy, modified plank exercise that protects the back while strengthening the core.



For Your Inspiration

"Opt for expression over observation. Action instead of passivity, risk over safety, the unknown over the familiar." -

- Twyla Tharp, Choreographer

♪ Music is Poetry with Personality ♪

"Corner of the Sky" – from the Broadway musical Pippin

"Always Look on the Bright Side of Life" – from the Broadway musical Monty Python's Spamalot

"No One is Alone" – From the Broadway musical Into the Woods



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.