



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Jane Fonda recently said in an interview with CBS News Sunday Morning, “You can be really old at 60, and you can be really young at 85”.



Understanding the Role a Personal Trainer Plays vs. a Physical Therapist

I am not one to complain, except to my immediate family, but lately I am concerned how long people wait before calling to start a personal training program. I will rarely turn away a client, but if someone is [Read More](#)

Check out the June Exercise Snack Video:

[Strength & Mobility of the Upper Body with Resistance Tubes](#)

Using resistance tubes or flat [resistance bands](#), these movements will help improve shoulders, external rotators and your posture. Some of these exercises are excellent therapy for those with shoulder injuries. Use varying lengths of your tube or band to make each exercise more or less challenging.



For Your Inspiration

“Why do they call it rush hour when nothing moves?” -

- Robin Williams

🎵 Music is Poetry with Personality 🎵

“Brotherhood of Man” – from the Broadway musical How to Succeed in Business Without Really Trying

“Get Together” – The Youngbloods

“Practically Perfect” – From the Broadway Musical Mary Poppins Returns



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.