



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #93

JULY 2022

If you find you're not motivated to keep going because you're not losing weight fast enough, feel lethargic, or your resilience is waning, I have a challenge for you.



What's Your Fitness Personality?

Motivation requires a behavior shift. Something becomes more important (future view) than our present state of mind. In my case, as a teenager, I felt as if my body belonged to someone else. I was miserable and ashamed, and my self-esteem dropped to an all-time low because [Read More](#)

Check out the July Exercise Snack Video:

[Strength & Mobility with Bands](#)

Exercises using resistance bands to improve strength and mobility of your arms, shoulders and upper body. The placement of your hands on the band can increase or decrease resistance.

[Resistance bands](#) make a great exercise tool to take on vacation. They are easy to pack and can be used by doubling bands and wrapping them around a door or railing.



For Your Inspiration

"Humor heightens our sense of survival and heightens our humanity.

We think too much and feel too little. More than machinery, we need humanity. More than cleverness, we need kindness and gentleness. Without those qualities life will be violent, and all will be lost."
- Sir Charlie Chaplin

♪ Music is Poetry with Personality ♪

"I Want It All" from the Broadway musical Baby

"You're My Home" – Billy Joel

"New York State of Mind" – Billy Joel



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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.