



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #94

AUGUST 2022

Research supports an exercise program sequence for older adults and seniors.



Exercise Program Order, Does it Matter?

Exercise has always been a BIG part of my life which is why I used to belong to a gym, run in my spare time or bike along the beach. I'd schedule my fitness classes based on my exercise plans for the week. It was easy to decide whether [Read More](#)

Check out the August Exercise Snack Video:

[Four Minutes to Improve Posture and Shoulder Flexibility with Bands](#)

Using slight counteraction and range of motion exercises with [resistance bands](#) to strengthen shoulders and their supporting structures and improve posture.



For Your Inspiration

"Creativity is contagious, pass it on."

- Albert Einstein

♪ Music is Poetry with Personality ♪

"Peaceful Easy Feeling" - The Eagles

"The Tennis Song" from the Broadway musical City of Angels

"Model Behavior" from the Broadway musical Women on the Verge of a Nervous Breakdown

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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.

