



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #95

SEPTEMBER 2022

Inactivity doesn't have to be permanent. Active Aging Week encourages adults 50+ to reclaim their power.



Join Me in Recognizing Active Aging Week, October 3 - 9, 2022

Few people know about the International Council on Active Aging (ICAA). I was fortunate to learn about this novel organization in 2006, the same year I became a certified fitness trainer. I attended lectures on active aging at a time when very few trainers participated in training seniors. It was then that I learned about ICAA. [Read More](#)

Check out the September Exercise Snack Video:

[Active Aging Week – How You Can Participate](#)

Join in the fun in your community with activities October 3 to 9. Find information on [Facebook](#), newspapers and the [International Council on Active Aging website](#) for offerings at assisted living communities, local parks and senior centers.



For Your Inspiration

"You can't make changes in your life until you identify what changes need to be made."

– Lori Michiel

🎵 Music is Poetry with Personality 🎵

"You Make Me Feel So Young" – Frank Sinatra

"A Hundred Million Miracles" from the Broadway musical Flower Drum Song

"Lucky To Be Me" – Maureen McGovern



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.