



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Stretching is the most overlooked form of exercise.



When Should I Stop Stretching?

After returning to see my physical therapist, she insisted that I stretch more often so I can improve the range-of-motion in my hips. Geez, I thought I was [Read More](#)

Check out the October Exercise Snack Video:

[Five Minute Flexibility Exercises for the Upper Body](#)

To help alleviate the stiffness of constant sitting, Lori shows both static and dynamic movements to promote flexibility in the neck and shoulders.

Movements with the head can loosen muscles in the neck, while pulling your arms down can help flexibility in the trapezius muscles: the front and back of the shoulders.



For Your Inspiration

"Avoid Secrets. Be open about who you are. It takes too much energy to hide in the closet about any issue. Take care of yourself mentally, physically and spiritually so that you can take care of the world. Don't be afraid to point out that the emperor is naked!"
– Susan Love, M.D.

♪ Music is Poetry with Personality ♪

- "Going Up the Country" – Canned Heat
- "Pennies from Heaven" – Billie Holiday
- "Stompin' at the Savoy" – Benny Goodman



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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.