



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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When a family member's health declines suddenly, thoughts fill our hearts and actions fill our lives.



Being Grateful in a Different Way

How lucky am I that my mom, who is almost 92-years-old, has been healthy and independent most of her life. Up until recently she [Read More](#)

Check out the November Exercise Snack Video:

[Five Minute Reclining Exercises for Glutes and Hamstrings](#)

Lori demonstrates exercises to strengthen the core and back using glutes and hamstrings. These include tips for seniors and those with posture issues and osteoporosis. Lori uses bridges to focus on these areas and sometimes incorporates weights or resistance bands. The core is the area between glutes and to shoulders, including the abdominal muscles.



For Your Inspiration

"The telling of jokes is an art of its own, and it always rises from some emotional threat. The best jokes are dangerous, and dangerous because they are in some way truthful."
– Kurt Vonnegut

♪ Music is Poetry with Personality ♪

- "Sunshine Superman" – Donovan
- "Secret Agent Man" – Johnny Rivers
- "Grazing in the Grass" – The Friends of Distinction



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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.