



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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We can make excuses about anything, but do we want to change our behavior?



Holiday Exercise: Six Excuses

We can make excuses about anything, but do we want to change our behavior?

[Read More](#)

Check out the December Exercise Snack Video:

[Four Minutes of Warm-Up Exercises Before a Walk](#)

In this video, Lori walks you through several warm-up exercises to do prior to taking a walk—or any cardio movements. The exercises begin with a simple march and progress to lifting legs higher and swinging arms.



For Your Inspiration

"You're 100 times better...as an athlete training in your forties and fifties than a sedentary person in their twenties."

- Dr. Mark Tarnopolsky

🎵 Music is Poetry with Personality 🎵

"Try to Remember" from the Off-Broadway musical The Fantasticks

"Shall We Dance?" from the Broadway musical The King and I

"N.Y.C." from the Broadway musical Annie

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.

