



**LoriMichielFitness, Inc.**  
Senior Fitness in the Home

Since 2006



## Fitting News

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Figuring out who we are today means sitting down and taking stock of our current strengths, weaknesses, values and preferences in life.



### Do You Have Outdated Ideas About Yourself?

Did you ever try to figure out why we develop certain characteristics that seem contrary to our behaviors as a youth? When we hit middle age, [Read More](#)

Check out the January Exercise Snack Video:

### [Take Four Minutes! Strengthen Your Legs, Hips and Glutes](#)

These exercises will strengthen your lower half including the side, front and back of thighs, but they are also a terrific progressive warm-up routine! Smaller movements assist in your range of motion, many using modified squats. These are exercises you can easily do at your desk, but SAFETY FIRST: If you do these at your desk, make sure the chair will not roll!



#### For Your Inspiration

*"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been, full of work that has never been done, full of tasks, claims, and demands; and let us see that we learn to take it without letting fall too much of what it has to bestow upon those who demand of it necessary, serious, and great things."*

- Rainer Maria Rilke, Austrian poet and novelist

#### 🎵 Music is Poetry with Personality 🎵

"The Unicorn" - The Irish Rovers

"Being Alive" from the Broadway musical Company

"I'm Still Here" from the Broadway musical Follies

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For more blogs, exercise snack videos or to subscribe to this newsletter, sign up at [www.LoriMichielFitness.com](http://www.LoriMichielFitness.com), call 818-620-1442 or email me at [hello@lorimichiefitness.com](mailto: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.*

