



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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In recognition of National Heart Month, if you are not familiar with these terms, here's a quick and easy guide.



Terms to Take to Heart

Every six months I get my blood work checked. The numbers that I watch carefully are those described below. Since some of my numbers have been [Read More](#)

Check out the February Exercise Snack Video:

[Strengthening Your Body with "Time Under Tension" Exercises](#)

Time under tension utilizes slow, repetitive movements that cause the muscle to contract over a period of time. In this video, Lori demonstrates activating muscles with motion for strength including glutes, hips and the front of the thigh using squats and other exercises. Adding weights or a resistance tube with help fight gravity and make these exercises even more effective.



For Your Inspiration

"A purpose of human life, no matter who is controlling it, is to love whoever is around to be loved."

– Kurt Vonnegut

Music is Poetry with Personality

"Come Dance with Me" - Frank Sinatra

"What The World Needs Now is Love" - Jackie DeShannon

"I Am a Rock" - Simon & Garfunkel



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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.