



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



Since 2006

## Fitting News

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Your thoughts can run in your head like a broken record—or can you sit still and “hear” the quiet?



### What Brings You Peace of Mind?

Is there an activity, exercise, religious or meditation practice you do regularly to slow your mind? Or do you take medications which can have multiple side effects? Last month I experienced a severe emotional strain while [Read More](#)

Check out the March Exercise Snack Video:

### Three Exercises to Improve Posture

Our posture can suffer because of the technology we use, including phones and computers. These actions can create rolled shoulders and a chin jut. Bad posture can cause problems with your neck, head, shoulders and breathing.

Lori demonstrates postural exercises, including two that use a resistance tube and band and reminds us to maintain good posture throughout our exercise routines.



#### For Your Inspiration

*“Let us be grateful to people who make us happy. They are the charming gardeners who make our souls blossom.”*

- Marcel Proust

#### 🎵 Music is Poetry with Personality 🎵

“Count Me In” - Gary Lewis and the Playboys

“For Now” from the Broadway musical Avenue Q

“Having a Party” - Sam Cooke



### 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](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.*