



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Exercise your age away. The physiological changes in our brain are normal parts of aging, but what you might not know is how it can affect movement.



What Lengths Would You Go to Prevent the Aging Symptoms That Cause You Stress?

My 89-year-old husband knows how lucky he is to be moving as well as he does, because he [Read More](#)

Check out the April Exercise Snack Video:

Three Tricep Exercises in Four Minutes

Tricep strength helps you get out of bed or a chair. If you fall, your triceps may be your most important asset to help you get up! As you do these exercises, be aware of your posture.



For Your Inspiration

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

- Raymond Chandler

♪ Music is Poetry with Personality ♪

"Raindrops Keep Fallin' on My Head" - B.J. Thomas

"Daydream Believer" - The Monkees

"Make Someone Happy" from the Broadway show Do Re Mi



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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.