



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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While it is more common in females, by age 65 or 70, men are losing bone mass at the same rate as women. In May we recognize Osteoporosis Awareness & Prevention Month. Coming up, Men's Health Month is in June.



Osteoporosis is not only a women's issue. Men are also at risk.

It takes more than milk to keep bones strong. Breaking a bone is connected to a higher risk of death in older adults, says Nicole Didyk, M.D. When men suffer hip fractures, they are twice as likely as women to [Read More](#)

Check out the May Exercise Snack Video:

Three Minutes of Tips to Improve Inner Thigh Muscle Strength

May is Osteoporosis Awareness and Prevention month. Studies show that building muscle can help with bone health and strength.

This video will show you how to help build strength in your legs using weights.



For Your Inspiration

"We are healthy only to the extent that our ideas are humane."

- Kurt Vonnegut

♪ Music is Poetry with Personality ♪

"Anyone Can Whistle" - Jennifer Nettles

"If I Had a Hammer" - Peter, Paul and Mary

"Everyday People" - Sly and the Family Stone



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For more blogs, exercise snack videos or to subscribe to this newsletter, sign up at www.LoriMichielFitness.com or email me at hello@lorimichiefitness.com

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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.