



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Senior fitness research supports a specific exercise program for older adults and seniors



National Safety Month – Back to Basics

It has been almost 17 years since I became a fitness trainer. When I first began my practice, I was concerned that my clients would find out I was a rookie. So there would be no doubt in their mind, I began each assessment with a modification of the standard assessment I was taught. I had to tweak the original version because

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Check out the June Exercise Snack Video:

Planes of Motion: Sagittal Plane Exercises for Shoulders

Using “planes of motion” in exercise, Lori demonstrates movements that mimic life using forward (anterior) and backward (posterior) motions. Here, Lori focuses on movements that strengthen the shoulders. Strength in this area is needed for pushing, holding and throwing. Light weights of varying sizes may be used for these exercises.



For Your Inspiration

“You can either leave something for people or you can leave something in people.”

- Anne Lamont

♪ Music is Poetry with Personality ♪

“409” – The Beach Boys

“California Girls” – The Beach Boys

“Surfin’ USA” – The Beach Boys



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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.