



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Michael J. Fox inspires us all. A recent *Neurology Today* article said, "His attitude is to bring new things into his life-writing, golf-to fill in for what he's lost along the way. And these things don't take energy. They generate it."



Bringing New Things Into Your Life

Sometimes when we are in pain, exercise is not typically on our "top ten" hit list. Being afraid to [Read More](#)

Check out the August Exercise Snack Video:

Planes of Motion: Transverse Exercises for Shoulders

The transverse plane, though here focusing on the shoulders, will also exercise the upper and lower half of your body, including the core. Lori uses a resistance band to demonstrate these exercises.



For Your Inspiration

"If we are wounded by an ugly idea, we must count it as part of the cost of freedom and, like American heroes in the days gone by, bravely carry on."

- Kurt Vonnegut

♪ Music is Poetry with Personality ♪

"Yes" - Liza Minnelli

Jerusalem Dance ([View original Jerusalem Dance Video](#))

"Respect" - Aretha Franklin



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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.