



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

*Since 2006*



## Fitting News

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July 22 recognizes World Brain Day. The research is conclusive. Combining physical activity and cognitive exercises helps to rewire your brain. Incorporating some new and different styles of exercise will improve brain health.



### Improving Your Brain Health with Fun Exercises

When disease or injury robs the brain of memory and/or language, it takes away what makes each person unique. It can be [Read More](#)

Check out the July Exercise Snack Video:

### Planes of Motion: Frontal Plane Exercises for Shoulders

In this video, Lori demonstrates shoulder joint exercises in the frontal plane to build strength for lifting--whether that be groceries or a grandchild! She will show you lateral lifts using weights and resistance bands which are especially helpful for those with sensitivity and pain in their shoulder area.



#### For Your Inspiration

*"...gratitude makes optimism sustainable."*

- Michael J. Fox

#### ♪ Music is Poetry with Personality ♪

"Surfer Girl" – The Beach Boys

"My City" from the Broadway show Seesaw

"Together, Wherever We Go" from the Broadway show Gypsy



### 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) or email me at [hello@lorimichiefitness.com](mailto: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.*