



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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You've heard the terms. Each is a bit different than the other. Clumsy refers to lack of coordination or dexterity; klutz refers to someone who is habitually accident prone.



How Do You Improve Your Coordination If You Are Clumsy or a Klutz?

How old were you when you took off the training wheels of your bicycle and learned to ride with only two wheels? I was almost five, my sister was almost seven. I was great at balancing from an early age although [Read More](#)

Check out the September Exercise Snack Video:

Hand-Eye Coordination

Since falls are the leading cause of injury in seniors, maintaining motor skills and reflexes to coordinate balance is invaluable. In this video, Lori is assisting a group of retired nuns in a straightforward exercise. You can practice this movement on your own or with a spouse or loved one.



For Your Inspiration

"Consider yourself a failure if you're never willing to fail. Success is built on risk. Aim high, work hard and love your family. Always walk into a room with something to say."
- Deborah Roberts, former ABC News 20/20 Correspondent

♪ Music is Poetry with Personality ♪

"Try to Remember" from the off-Broadway show The Fantasticks
"You Can't Stop the Beat" from the Broadway show Hairspray
"Heat Wave" by Martha and the Vandellas



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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.