



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #106

OCTOBER 2023

When your life gets turned upside down and your regular schedule is on hold, how do you cope?



Who Said I Can Only Go Up the Stairs Once a Day?

For months and months, I anticipated getting my left hip joint replaced. I emphasize my left hip joint because I'm a righty and you need your right leg to be able to drive. So fortunately, [Read More](#)

Check out the October Exercise Snack Video:

Mental Agility for Older Adults and Seniors

Being "quick" can help you act fast in physical situations like falling and driving. It helps maintain balance, posture, body alignment and cognitive function! You may look a bit goofy while doing these exercises, but it's fun and all for the good!



For Your Inspiration

"The human race has one really effective weapon, and that is laughter."

- Mark Twain

♪ Music is Poetry with Personality ♪

"Truly" by Lionel Richie

"Lean on Me" by Bill Withers

"You're the Top" from the Broadway show Anything Goes



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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.