



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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A continuation of recovery after my hip replacement surgery.



What Do You Mean I Can't Walk Up the Stairs?

I was given strict instructions to take it easy (it is hard for me to sit still) for two weeks after my hip replacement surgery. If I couldn't move the way I did before surgery (keeping in mind my new hip had to stay intact), drive or resume my regular activities with my clients, I needed [Read More](#)

Check out the November Exercise Snack Video:

Husband and Wife Senior Fitness Challenge

Two versions of balance exercises you can do together, both using a weighted ball. These exercises focus on the core. The second exercise can help you practice walking and maintaining your balance, to prevent a fall, when it is dark or the lights are dim.



For Your Inspiration

"Instead of looking at things, look between things."

— John Baldessari

♪ Music is Poetry with Personality ♪

"Barefootin'" by Robert Parker

"Everything's Coming Up Roses" from the Broadway show Gypsy

"Seventy Six Trombones" from the Broadway show The Music Man



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 or email me at hello@lorimichiefitness.com

818-620-1442

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.