



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

*Since 2006*



## Fitting News

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Important terms to improve your concentration, focus and results during your fitness sessions.



### What Do All Those Words Mean? A Glossary for Exercise and Movement

I've been in the presence of trainers who use "big words" when they explain a movement pattern. For instance, if a client is instructed to move "latterly", meaning to move to one side, or told to "be in neutral", implying a neutral stance, they may or may not understand what that means. Most likely, to an experienced exerciser it would, but [Read More](#)

Check out the December Exercise Snack Video:

### [An Exercise to Promote Balance and Strength](#)

Strengthening muscle groups helps with walking and decreases the chance of injury. It assists with balance and can reduce the risk of falls. In this video, Lori uses weights to counter-balance her movements and challenge her hamstring muscles to support hips, back and ankles.



#### For Your Inspiration

*"I urge you to please notice when you are happy, and exclaim or murmur or think at some point, 'If this isn't nice, I don't know what is.'"*

— Kurt Vonnegut

#### ♪ Music is Poetry with Personality ♪

"Always Look on the Bright Side of Life" - from the Broadway show Spamalot

"Give My Regards to Broadway" from the Broadway show Little Johnny Jones

"People" from the Broadway show Funny Girl



### Lori Michiel, NASM-CPT, Senior Fitness Specialist

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**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.*