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*Senior Fitness in the Home*

*Since 2006*

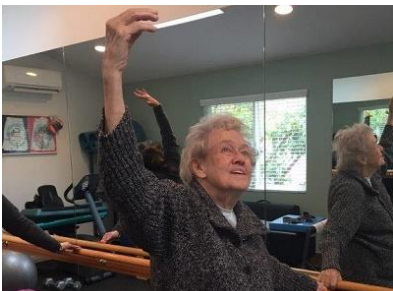


## Fitting News

ISSUE #109

JANUARY 2024

What perceptions can we change about how we frame discomfort and gratification?



### Solving the Problem of Pain vs. Pleasure

Getting to the “other side of pain” is not easy. I was told it was a good thing I was in shape before my hip replacement surgery. I had the procedure because of osteoarthritis pain and reduced function. If I had the procedure, I believed it would allow me to [Read More](#)

Check out the January Exercise Snack Video:

### Core Exercises for Beginners and Seniors

Core exercises help with balance and stability. Here Lori demonstrates two core exercises that are straightforward and easy to do almost anywhere.



### For Your Inspiration

*“Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterward.”*

– Kurt Vonnegut

### ♪ Music is Poetry with Personality ♪

“There’s No Business Like Show Business” from the Broadway show Annie Get Your Gun

“Oh My My” - Ringo Starr

“Blackbird” - The Beatles



### 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.*