LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006

Fitting News

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Do you lead with your heart and emotions, or are you practical? There is a rhythm to knowing how to choose.

How Do You Express Yourself?

Wisdom and the ability to communicate well came to me later in life. I used to think that I could make decisions quickly and be **Read More**

Check out the February Exercise Snack Video:

Activate Your Core While Standing Using a Ball

Strengthening your core promotes better posture and helps reduce the risk of falling. In this video, Lori demonstrates two core exercises. Before beginning, warm up by activating your core by bracing your muscles in your torso. Then, while holding a large ball (it can be beach ball, basketball or medicine ball-size), extend arms forward.

For Your Inspiration

"'Hope' is the thing with feathers / that perches in the soul / and sings the tune without the words / and never stops at all."

– Emily Dickinson

♪ Music is Poetry with Personality ♫

"All You Need is Love" - The Beatles

"Listen People" - Herman's Hermits

"I'm Into Something Good" - Herman's Hermits

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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@lorimichielfitness.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.