



Lori Michiel Fitness, Inc.

Senior Fitness in the Home

818-620-1442

www.lorimichiefitness.com

Lori Michiel, President and Founder of *Lori Michiel Fitness™* (LMF), is a published professional specializing in senior fitness. Certified as a Senior Fitness Specialist by the National Academy of Sports Medicine, Lori offers individual consultations and creates customized fitness plans to improve the safety and quality of life for older adults. Together with her team, she serves clients from Santa Barbara to Orange County.

She began her journey by participating in volunteer activities within senior communities. After a several year tenure in home health, Lori founded LMF, connecting it with her passion for fitness.

Lori creates specialized programs that focus on assisting those in post-rehabilitation, or with chronic illnesses such as arthritis, osteoporosis, Parkinson's disease or stroke.

She leads presentations and workshops for seniors, caregivers, professionals and the general public on balance, corrective exercise, training for brain health and motivation.

Lori holds other notable credentials from the **Arthritis Foundation** and is active in organizations including the **International Council on Active Aging (ICAA)**, **MedFit Network** and **IDEA Fitness Association**.

She draws inspiration from her grandparents, who served as a driving force in her life. Her keen sense of humor and sensitive approach make her a much sought-after trainer and coach.

Contact Lori at www.LoriMichielFitness.com or **818-620-1442**.

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Lori P. Michiel, *NASM, Certified Personal Trainer*

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