



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Following the proverb (in the realm of fitness): we're simply guessing without assessing.



Exploring the Importance and Components of an Initial Assessment

When I began my business in 2006, just after I completed my fitness instructor certification, my former business colleague told me she wanted to [Read More](#)

Check out the March Exercise Snack Video:

[Alleviate Tight Hips - It's Easy!](#)

I recently underwent hip surgery and am trying to loosen my hips. However, many people suffer from tight hips that can cause other issues and pain in your body, especially your legs. Whether you've had surgery or just want to free your hip muscles, try these exercises. They will not only release your hips, but they will strengthen your legs. And don't forget to walk! Walking is one of the best ways to keep your hips loose.



For Your Inspiration

"I think human beings must have faith or must look for faith, otherwise our life is empty, empty. To live and not to know why the cranes fly, why children are born, why there are stars in the sky. You must know why you are alive, or else everything is nonsense, just blowing in the wind."

– Anton Chekhov

♪ Music is Poetry with Personality ♪

"Tequila" - Champs

"Spirit In the Sky" - Norman Greenbaum

"Have You Ever Seen the Rain?" - Creedance Clearwater Revival



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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@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.