



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



Since 2006

## Fitting News

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We're not the same person we were when we were younger. Wisdom, experience and gratitude mold us differently in our later years.



### Are You Content with Your Self-Image as a Senior?

I didn't like how I looked when I was a teenager. I was self-conscious about my appearance. When going to the beach with my friends, I wore a cute bikini to blend in. The only difference was that [Read More](#)

Check out the April Exercise Snack Video:

### [How to Walk Backwards as a Balance and Coordination Exercise](#)

To be safe, be sure you are very familiar with your route and check for potential obstacles often—or, do it inside at the gym or a hallway in your home. Walking backwards is great for mobility and [balance](#). It exercises gluteal muscles, which are hip stabilizers, and will also give a workout to the front of your lower legs, helping protect you from shin splints.



#### For Your Inspiration

*"We are what we pretend to be, so we must be careful about what we pretend to be."*

— Anton Chekhov

#### ♪ Music is Poetry with Personality ♪

"You Wear It Well" - Rod Stewart

"Ventura Highway" — America

"You're the First, the Last, my Everything" - Barry White



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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.*