



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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National Safety Month is also Alzheimer's and Brain Awareness Month.



Listen, Dance and Play Music for Your Brain Health

People who have studied the brain have shown that listening to music you enjoy can cause a release of dopamine, a chemical that increases feelings of happiness, according to Sarah Lenz Lock, AARP Senior VP of Policy and Brain Health. [Read More](#)

Check out the June Exercise Snack Video:

[Use Time to Help Your Balance](#)

Doing exercises with different sequences can help your balance. The first exercise uses a clock framework. Start with your right leg. As Lori gives cues, move your leg and tap your foot to the number on the dial. Then, try it with the left leg. Have a partner give you the cues to change it up. In the second exercise, take a few steps forward, stop, then take a few steps backwards, and stop.



For Your Inspiration

"I'm not running for sainthood. I just happen to think that in life we need to be a little like the farmer, who puts back into the soil what he takes out."

- Paul Newman, Actor and Philanthropist

🎵 Music is Poetry with Personality 🎵

"Oye Como Va" - Santana

"Twist and Shout" - The Isley Brothers

"I Have Confidence" – from the soundtrack of The Sound of Music



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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.