



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



Since 2006

## Fitting News

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Imagine...You've planned a big trip, and you anticipate that there will be lots of walking and climbing steps, and you're concerned you won't be able to keep up. Get rid of your doubts and learn how to get ready now.



### Are You Fit to Travel?

Many of us have hesitated for one reason or another to hold off on a road trip or vacationing abroad. It seems within your grasp, but are you ready to go without hesitation? It's not uncommon to feel [Read More](#)

Check out May Exercise Snack Video:

### [Firm Up and Feel Stable in Your Lower Body](#)

These are small movements that will increase strength in your glutes, hips and core. You can begin these exercises by dipping one leg in front of the other. Then a hip hinge, by leaning forward slightly. Dip and hinge only as much as you're comfortable with. Don't forget to keep an upright body posture and tighten the muscles in your stomach area.



### For Your Inspiration

*"I want to stay as close on the edge as I can without going over. Out on the edge you see all kinds of things you can't see from the center... Big, undreamed-of things — the people on the edge see them first."*

— Kurt Vonnegut

### ♪ Music is Poetry with Personality ♪

"Going to California" - Led Zeppelin

"You Can't Always Get What You Want" — The Rolling Stones

"Won't Get Fooled Again" - The Who



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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.*