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



*Since 2006*

## Fitting News

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### Hand/Eye Coordination Exercise Using a Ball

While seated across from a partner and facing each other, throw medium size balls to one another, high and low, then alternate. Turn so that you are side-by-side your partner and do the same. This not only helps coordination; it can also promote core strength. [Click here for another fun idea to enhance coordination.](#)

#### Testimonial

*Lori and her team were outstanding from A to Z. The personal initial evaluation, the planning, the matching of a trainer to her needs and much more was all completed in a professional and warm manner. My 96-year-old mom benefited greatly for more than a year of training that was delivered with a highly personalized caring touch. She enjoyed the sessions and was always looking forward to them. I give Lori and her team my highest possible recommendation.*

– Steven A. Vasilev MD MBA FACOG FACS  
FACN ABIHM ABOIM

#### DID YOU KNOW?

**Monitor Your Blood Glucose** Over time, high blood sugar damages the small blood vessels and nerves in the inner ear. Balance and other notable problems can result.



### Lori Michiel, NASM-CPT, Senior Fitness Specialist

For more blogs, exercise snack videos or to subscribe to this newsletter, sign up at [www.LoriMichielFitness.com](http://www.LoriMichielFitness.com) or email me at [hello@lorimichiefitness.com](mailto:hello@lorimichiefitness.com)  
**818-620-1442**

*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.*