



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Balance Assessment Tools That You Can Do at Home

Our balance can falter as we enter our senior years. At Lori Michiel Fitness, we use some of these assessments to get a baseline on balance before beginning sessions with a client. These exercises can also help you in your daily balance challenges. Safety first! Before trying these balance movements, be sure you are near a wall or a chair that you can grab onto if you become unsteady.

DID YOU KNOW?

Lori,

*Thank you so much for your patience,
persistence and passion in serving clients like
my mother. You are amazing.*

Blessings, Grace

Urinary Tract Infections (UTIs) As we age, UTIs are one of the most commonly diagnosed conditions. For seniors it can manifest differently than in our younger years. For example, the stress hormones the body produces to fight the infection can cause the person who may be suffering to experience a change in behavior, such as aggression and confusion.

According to Dr. David Chan, UCLA, any infection can cause an impairment of cognitive function in the elderly, and is one of the first things to evaluate when sudden functional or cognitive decline is observed in any older patient.



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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.