



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Strengthen Your Glutes a Different Way

The role glutes play in your overall body structure is significant. Weak glutes can lead to overcompensation from lower back muscles, often causing strain and discomfort. Robust glutes support the pelvis and keep it aligned with our spine. By making our glutes and back stronger, we gain stability and good posture; this reduces the risk of falls and minimizes the risk of pain or injury. Strong glutes reduce the stress on knees and also improves mobility of everyday activities, especially in older adults and seniors

In this video, Lori demonstrates exercises to strengthen your glutes. These movements can be done on the floor or a mat. By correspondingly pulling in your abs, you can also fortify your core. At the end of the video, Lori gives even MORE of the many benefits of strengthening your glutes.

Mom's doing great and she really likes her trainer. She's so much more comfortable now and not scared to move – she even rode the exercycle a little in the building gym with her senior helper person the other day, so her trainer has really gotten her self-confidence back. She's also moving better. I can see it, though I'm sure she can't as much. And most importantly, her trainer has done a great job putting her mind at ease about the little aches she will feel from working out. She's not worrying every sore muscle is a heart attack anymore.

- Scott

DID YOU KNOW?

Blood pressure check Be sure to give yourself plenty of time before making it to your doctor appointment. Rushing around can cause undue stress and can temporarily increase your blood pressure. Do not smoke, eat a big meal or drink caffeine or alcohol for at least 30 minutes before taking your blood pressure at home or at the doctors' office.



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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.