



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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This new year, take the opportunity to discover your purpose through the various stages of life and personal growth.



Purpose Reimagined for a New Year

I can't sit still for too long. There is always a drive within me to accomplish something each day. Ideally, it's something that gives me joy and a sense of satisfaction.

As we embrace the changes a new year brings, perhaps the most meaningful resolution we can make and sustain is to discover and nurture joy and passion in our lives. One way to cultivate joy and passion is by reflecting on the happy moments in our lives. We all come from diverse backgrounds. Some of us had wonderful childhoods, while others faced challenges. Take a moment to recall the joyful, significant events that had a positive impact on your life and reflect on them.

There is research that indicates that purpose in life is linked to a variety of healthy behaviors and with better mental and physical health (Kim, Hershner and Strecher 2015). If this research holds true, and I believe it does, start by meditating on healthier behaviors and then take action.

As you may know, I'm passionate about walking--the farther, the better. I track my distance because I enjoy competing with myself. I'm aware of my limitations, so if I feel I'm pushing myself too hard, I'll scale back and allow myself the rest I need. If we're being honest, the one thing I know I need to do more of is stretch. Does that sound familiar to anyone else? What aspects of exercise brings purpose to your life? Write back to me and let me know. In the meantime, feel free to check out my [Balance Profile Quiz](#) and other helpful resources on my website.

And if you're interested in hiring a personal trainer, I'd be happy to assist. The process begins with a comprehensive [assessment](#) by me, which includes a partial session and safety checks around the house. Our [FAQ page aka Questions and Answers](#) can be useful, especially for someone new or returning to exercise. Follow us on [Facebook](#) and [LinkedIn](#) or get some great tips on our website at [LoriMichielFitness.com](#). You can also [email us](#) or call us at **818-620-1442** for a [consultation](#).

All the best! – Lori



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 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.