



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #122

FEBRUARY 2025



[Click the image to view video](#)

[A Fresh Approach to Strengthening Your Back, Hips and Glutes](#)

By strengthening glutes, these exercises promote posture and stability. The movements also help stabilize the pelvis, preventing injuries and promoting [balance](#) —especially important to seniors. Glutes also come into play when performing daily activities such as climbing stairs, lifting and carrying.

These movements are done while standing and stepping sideways, with or without resistant bands. While doing these exercises, be sure to stand straight with a strong core and your shoulders back.

Thank you for all your help with Marilyn (and Larry of course). I know you and your trainer really cared about them and that means a lot. I truly believe that Marilyn's life would have been a lot shorter without our little team of support people working to improve her situation as much as we could.

- Kimberly, Personal Assistant



To assess your potential risk for a fall, take my quick [Balance Profile Quiz](#).

After completing the quiz, you will receive an email with your results and helpful balance tips.



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
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.