



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



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[Click the image to view video](#)

The benefits of this exercise include:

- Strengthens the upper back muscles
- Improves posture by counteracting the effects of slouching
- Increases flexibility and range of motion in the shoulders

Incorporating this exercise into a daily routine can make a noticeable difference in posture and overall upper body strength.

Posture Exercise for Seniors While Seated

Maintaining good posture is essential for seniors. Having correct posture can help reduce back pain. As we know, [balance](#) is essential, especially for seniors, to avoid--and good posture helps with that too.

This straightforward chair exercise targets the upper back, helping to strengthen muscles in order to enhance posture.

Lori,

You're amazing...you can pivot in a moment's flash... if you could bottle that productivity and sell it to seniors you could buy California, despite the fact that you already help many people and make their lives better!! Stay YOU!!!

- Love, Jersey John



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
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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.