



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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We're fairly good at marking important appointments on our calendars – from dental and doctor visits to haircuts, manicures, birthdays, anniversaries or travel. And when we miss these appointments, we feel their absence. Therefore, it stands to reason that your health deserves the same priority.



Put It on Your Calendar – Senior Exercise Edition

As many of you know, my husband is getting up in years – he's now 91-years-old. And considered a "youthful" senior. Although he was never much of a walker, he was a champion gymnast in his teens through high school. Throughout his life, he stayed active, though his routines changed over time. He still enjoys lifting weights and has added Pilates and balance to his routine. After giving up spinning, he now uses a recumbent bike.

Becoming a senior means many changes. Some of these mean relenting to some things you perhaps didn't have to do in the past: committing to exercising and keeping a schedule. You knew your vacation dates, you saw your doctor as needed, and perhaps looked forward to a show or concert so much, there was no need for a reminder. As we age, physician visits are scheduled far in advance and some activities now require a reservation or appointment where they may not have in the past--and we simply have more to remember!

For my husband, walking, for the sake of exercise, however, was never something of which he was fond. Recently, I encouraged him to start walking a few times a week, either with me or on his own. I also suggested he do something familiar to many of you: put it on his calendar. And guess what? It's working!

Get back on schedule with your exercise routine by contacting Lori Michiel Fitness. The process begins with a comprehensive assessment by me, which includes a partial session and safety checks around your house. 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
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.