



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Fascia Release for the Hip and Hip Flexors: Home Exercises

Fascia is the thin layer of connective tissue beneath your skin. This surrounds your nerve fiber, blood vessels, muscles, bones and organs. Fascial stretching, using gentle tension to tug at your fascial muscles, allows a release of tightness or stiffness.

For these exercises, you'll need a yoga strap, towel or a belt. The exercises will stretch and mobilize your hip area as you hold the positions and breathe deeply. You'll feel the pull and stretch from your knee to your back and shoulder.

Lori is extremely knowledgeable about exercise and movement as we age. I cannot thank her enough for her advice RE: hip bursitis. I was on the verge of having to give up my hiking in the hills, and biking, which I love. Lori advised me on the best stretching exercises and how to use ice after exercising. Thanks to Lori I am now back to my routine!

- Katherine Lerner



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.