



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Internal Hip Rotation Exercises: Stronger Legs Start Here

Why is moving our hip internally important? Internal rotation, that uses inner thigh movements, is crucial for activities of daily living that keep us mobile: like putting on pants, stepping into a bathtub or up a curb. By strengthening these muscles, we won't over-use other muscles that may cause pain in our back, knees or elsewhere in our body to the inner thigh.

Be sure to check out August's Exercise Snack Video: [External Hip Rotation Exercises](#).

When my aunt's strength began declining, I started looking around for gyms or trainers for those with physical limitations. I found Lori's website and she had just what I was looking for. She conducted a thorough assessment and set my aunt up with a wonderful trainer. In addition to knowing how to physically help the client, she is really skilled at matching personalities. We are really satisfied with all aspects of Lori's approach. I highly recommend Lori's services.

- Ellie



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.