



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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Holiday time. For many it's a chance to visit with family you may not have seen in a while. During these visits, you may notice that your loved ones have aged since the last time you saw them. There are subtle signs to look for.



Watching Our Parents Age: What to Look For

Before your visit, reflect on the last time you saw your family. When your holiday visit comes around consider how their behavior may have shifted.

Do you notice changes that concern you? For instance, your parents' posture, or their willingness to take part in traditions like carving and carrying the turkey to the table?

Are they spending more time sitting back and letting others step in to manage tasks they once did themselves?

Pay attention to signs of increased apathy, such as a reluctance to leave the house for errands or social activities. Consider whether once-simple actions, like climbing stairs, now seem overwhelming or are avoided altogether. In the same way you observe these patterns, it may be time to think about introducing supportive changes for your loved ones.

Why fitness matters if your loved one has any of these signs that alarm you:

- Poor posture
- Poor hygiene
- Difficulty walking – gait issues
- Unexplained falls
- Memory loss - repeated questions
- Apathy – less interest in doing simple task
- Diminished lung capacity – shortness of breath
- Poor visual acuity
- Sleep disturbances

Next month, our December video will include easy-to-follow practical exercises to do at home which can ease concerns, boost confidence and build lasting strength.



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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.