



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

ISSUE #134

DECEMBER 2025



[Click the image to view video](#)

video, Lori demonstrates movements you can do at home that can help strengthen the muscles in your upper back and keep your posture in line. You can use resistance bands, or a festive scarf will do.

Easy Posture Fixes for Seniors – With Added Benefits!

You may notice changes in loved ones you see only during the holidays. Check out their posture; has it changed? How about your posture? You may be leaning over your computer, iPad or phone right now! Poor posture can limit movement in your shoulders; good posture promotes brain health, better breathing and can improve balance. In this

I am a conservator for a client. Lori comes twice a week to keep my client active and motivated. Since I don't live in the area, Lori has provided another set of eyes on the ground as to what is happening in the house. She has kept my client motivated to stay active and helps with strength for an 80-year-old. Lori has been a lifesaver.

- Rick Kagawa, President, Capital Resources and Insurance, Inc.



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.