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## Fitting News

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[Seasonal Affective Disorder](#) (SAD) is real. Here are some helpful tips that can help you out of the dumps.



### Feeling Off? Simple Movement Will Help Your Mood

Research shows that seasonal affective disorder affects 10 million Americans each year. This usually takes place when there is low sunlight and short days: peaking on December 21 each year. [Mental Health America](#) identifies headaches, irritability, excessive drinking, over-eating, and difficulty sleeping as symptoms. Can this wave of depression be beat? The answer is a joyful YES!

Sadness is a rough way to start the New Year. However, recent discoveries show the best way to combat this is a combination of three components: positivity, physical fitness and social support--with emphasis on building a supportive tribe.

Shawn Anchor, the avid researcher, author and speaker on positive psychology has extensive research that supports this notion. "When we are positive, our brains become more engaged, creative, motivated, energetic, resilient and productive." The lesson learned? Stop living in regret and despair in what should have been, and start moving forward emphasizing on the good around you.

Physical fitness. Be prepared to try something new. If the idea of aerobics or weight training doesn't lift you up, then search for something that will: taking a long walk, swimming or yoga might get you started. The best part is: you're not in this alone. [Evidence shows that those aged fifty and over are most influenced](#) by clinicians, family or friends when it comes to increasing their activities. Perhaps contacting family or peers to join you will get both of you started. Check out our Fitness Tune-Up Sessions, a personalized program to jump start your exercise goals.

Lastly, where would we be without our supportive circle? From this moment on, be prepared to use those around you to build yourself up. Whether it's emotional support found in having a champion in your corner listening and providing encouragement, or practical support when a friend gives you a ride to the store or lends you a helping hand – we need one another to get the most out of this healing experience.

The New Year is just beginning. Take a deep breath, gain the encouragement you need from the social support of family, friends, and new acquaintances -and be ready more than ever to face 2026 without hesitation, confident in whatever plans you set in your horizon.



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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.*