



LoriMichielFitness, Inc.
Senior Fitness in the Home



Since 2006

Fitting News

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It's All About Your Heart and Exercise

This month we're thinking about hearts: Valentine's Day and American Heart Month (as designated by the American Heart Association). February's Exercise Snack Video focuses on your heart: how to get your heart rate up with exercises you can do in your home. Having a strong heart is especially important for older adults. In this video, Lori demonstrates lateral side-step and lunge exercises using a resistance band.

...I was diagnosed with diabetes and my blood pressure was very high. My doctor added a medication to reduce my heart rate, but informed me that I had no choice but to lose the weight through diet and exercise.

...Although I felt I could never afford a personal trainer, I started my Google search looking for personal trainers for the elderly in my area and the first name that popped up was Lori Michiel Fitness! I was very impressed with her experience helping seniors and knew she was the trainer I needed.

...after just three months I have lost over 25 pounds! I have gained strength and seldom have issues with my hip. Both my blood sugar and blood pressure are down. Lori recommended I get new shoes that would give me better support and now my metatarsal problem is virtually nonexistent. I am so happy I found Lori!

- Pamela



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.