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Senior Fitness in the Home

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Fitting News

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There are no shortcuts to recovery, but prep can make a difference!



Build Strength Now for a Smoother Recovery Later- It Changes Everything

Did you ever consider how well your recovery would be if you had been physically active prior to surgery? Did you have an opportunity to participate in [pre-rehab](#) with a trainer? And if you had gone into surgery in better physical condition, would that have increased your chances of success and made a meaningful difference in healing?

These questions are not meant to create guilt or place blame, but simply to encourage reflection. You can gain a clearer understanding of the process, rather than dealing with post-surgery frustration or disappointment with the surgeon or physical therapist if you felt things did not go as planned. Many people are not aware that carefully increasing physical activity before orthopedic surgery (knees, hips, etc.) can influence how they feel during and after recovery.

From there, the conversation naturally shifts to what comes next: how to make important lifestyle choices and continue feeling good in your body. This can be achieved by building strength over time—not as a short-term fix, but as a new way of living. You can reduce the risk of future injury while supporting your metabolism, increasing balance, and embracing a new way of living; one that feels sustainable and satisfying over time.

If you're not sure how to start and need some advice and encouragement, that is what we're here for. It begins with a thorough [assessment](#), conducted by me, including a partial session and safety check. Our [FAQ page aka Questions and Answers](#) can be useful, especially for someone new or returning to exercise. Follow us on [Facebook](#) and [LinkedIn](#) or get some great tips on our website at [LoriMichielFitness.com](#). You can also [email us](#) or call us at 818-620-1442 for a [consultation](#).



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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.