



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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[Click the image to view video](#)

[How Gravity Can Affect Exercise](#)

Going into our senior years, we realize the many outcomes of gravity in our bodies. In this video, Lori shows how the force of gravity works on the movements demonstrated. These exercises can be done standing or while sitting in a chair. You'll find that you can feel the difficulty when your movements are not in line with gravity; if gravity is pulling, you're using more muscles. You can use dumbbells during these exercises for both the biceps and triceps.

Caregiver Corner

A trusted voice from Lori for family caregivers

Long before my husband showed signs of any cognitive impairment, I felt I had still made the right decision in marrying someone 21 years my senior.

I've learned to have more patience than I ever thought I had.



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.

