



LoriMichielFitness, Inc.
Senior Fitness in the Home



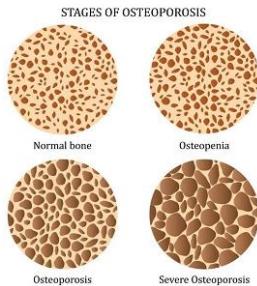
Since 2006

Fitting News

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It is silent, but serious – Osteoporosis has a sneaky way of robbing us of our bone strength and reducing our chances of independence.



Strength Starts Within: Protect Your Bones

It is Osteoporosis Awareness and Prevention Month – a perfect time to focus on your bones. Your bones will respond to how you <READ MORE> move, especially if you focus on strength training exercises that support your lower body. Building strength in your lower body helps promote stability and balance, so that you are less likely to fall and suffer fractures or breaks in your hip, spine or wrist—injuries that are common in those with osteoporosis.

Around 1990, while working in home healthcare, my supervisor encouraged me to attend a health fair hosted by a skilled nursing facility – a chance to connect with others in the industry. I was new to the marketing side of health care, so I welcomed the opportunity. At 35-years-old, I was eager to learn and I was naturally drawn to meeting new people and hearing about the roles they played in client care.

As I walked through the event, one booth immediately caught my attention. A sign read: FREE Osteoporosis Screening. Curious, I approached and began asking the woman in a crisp white uniform, “would it hurt? Did I need a blood test beforehand?” As it turned out, I was mistaken on both counts. All I had to do was sit down while she used a device to scan my ankles- yes, my ankles.

The results were immediate, and, to my surprise, they showed the early stages of bone loss-osteopenia; a precursor to osteoporosis. My first reaction was denial, quickly followed by fear. Although they recommended further testing at their clinic, I declined.

The very next day I called my doctor’s office to schedule a DEXA (Dual-Energy X-ray Absorptiometry) scan. This test would give me a clearer picture of my bone density, specifically measuring my spine and femur – the large bone on my upper leg.

At 35, I realized bone loss can start as early as our 20s. Once I did some research, I knew I needed to [READ MORE](#)



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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.