



LoriMichielFitness, Inc.
Senior Fitness in the Home

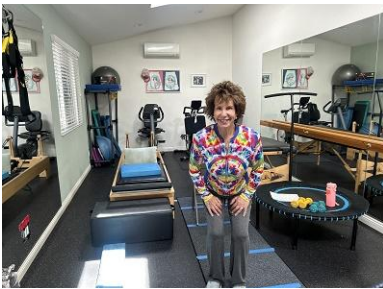
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Two Exercises to Help Increase Bone Density

We all know why it's important to have strong bones: as we age into our senior years, our bone density can decrease. There are several ways to manage, or even perhaps increase our chances against osteopenia or osteoporosis. Here Lori shows two exercises that can be done with or without small weights. Both movements can be done at home, but remember to do so safely, you may want to do this near a wall or banister to assist your balance. These movements also promote cardio health and strength.

Caregiver Corner

A trusted voice from Lori for family caregivers

Remain positive and don't lose your identity in the process of caring for a loved one. You can slip, but remind yourself and you'll be okay.



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.