



## Fitting News

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A trainer's tale: What captured my heart?



### Two Decades Strong: The Surprising Speed of Time

If someone had told me 20 years ago that I would become one of the first fitness trainers to specialize in older adults and seniors, I would have asked, "Are you sure no one else is doing this?" What began as a dream to help seniors improve their health and fitness has grown into a meaningful niche—one I'm still grateful to be part of today.

What I didn't realize at the time is that this journey as a senior fitness specialist would be filled with friendships, valuable life lessons, laughter and countless inspiring stories. To be fair, there has also been heartache along the way as well. Saying goodbye to clients and witnessing life's challenges is never easy.

I've often been credited with helping my husband, Ralph, stay strong, active and vibrant well into his 90s. While I will gladly accept some of that credit, the truth is that Ralph deserves most of it himself. When I started Lori Michiel Fitness, Ralph was about the same age as I am today. Long before we met, he had already built a lifetime of healthy habits as a gymnast and later embraced a regular routine of walking, swimming and even spinning classes. Staying active wasn't something he started later in life; it was simply part of who he was.

Today at 92, Ralph remains strong, mobile and well-balanced. His lifelong commitment to movement—and the fact that he still has to keep up with me—continues to motivate and inspire the families I work with.

Throughout my career, I've taken my commitment to a deeper level by continually pursuing additional education and professional development as I gravitated toward helping people with chronic conditions, especially those who wanted to give up. Knowing that I play even a small role in improving someone's quality of life continues to inspire me every day. Here's to 20 more years!!!

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