

Markham senior fit for life

By BRUCE ETHERIDGE
Don't tell Margaret Davies she's "too old". Trying to keep up with the Markham senior's exercise routine would put most people half her age in rocking chairs.

"Senior's don't want to be told they're too old for something," said Mrs. Davies, who will be 70 years old in March. "We want to choose what we can do."

The Thomson Court resident exercises four times a week at the Markham Village Women's club. She lifts weights for half-an-hour then attends a 50 mi-

nute no-bounce aerobics class. It's a strenuous work-out but owner/director of the club, Rosalie Campagna-Brown, says Mrs. Davies never takes a break.

Enjoys the 'goodies'
After that, it's "the goodies" or what Mrs. Davies calls "the jam on bread", a whirlpool and sauna to finish off her work-out.

The mother of four children and grandmother of six said she hasn't always been "keen" on fitness.

"It's only in the last 25 years

that I've been serious about it," she said. Mrs. Davies used to exercise regularly at a local YMCA before moving to Markham last July. She took folk dancing with a performing group for six years and dabbled in Tai Chi.

She is also a yoga practitioner, which instructor Leanne Berry discovered one day when she came into the club and found Mrs. Davies "standing on her head."

'Good for the mind too'
The youthful 69-year-old says

that regular exercise, especially aerobics, not only improves a person's health and appearance but also helps keep the mind alert as well.

It takes concentration to co-ordinate your body's actions and movements and to keep in time with everybody else, she says.

According to Mrs. Davies, exercising regularly "allows you to take a hand in your own physical well being and makes old age a better age."

"I'm not ready for a rocking chair," Mrs. Davies says.

Margaret Davies is 69, yet she keeps up in aerobic classes with people in their 20's. She says she believes in having a hand in one's own well-being.

—Bruce Etheridge

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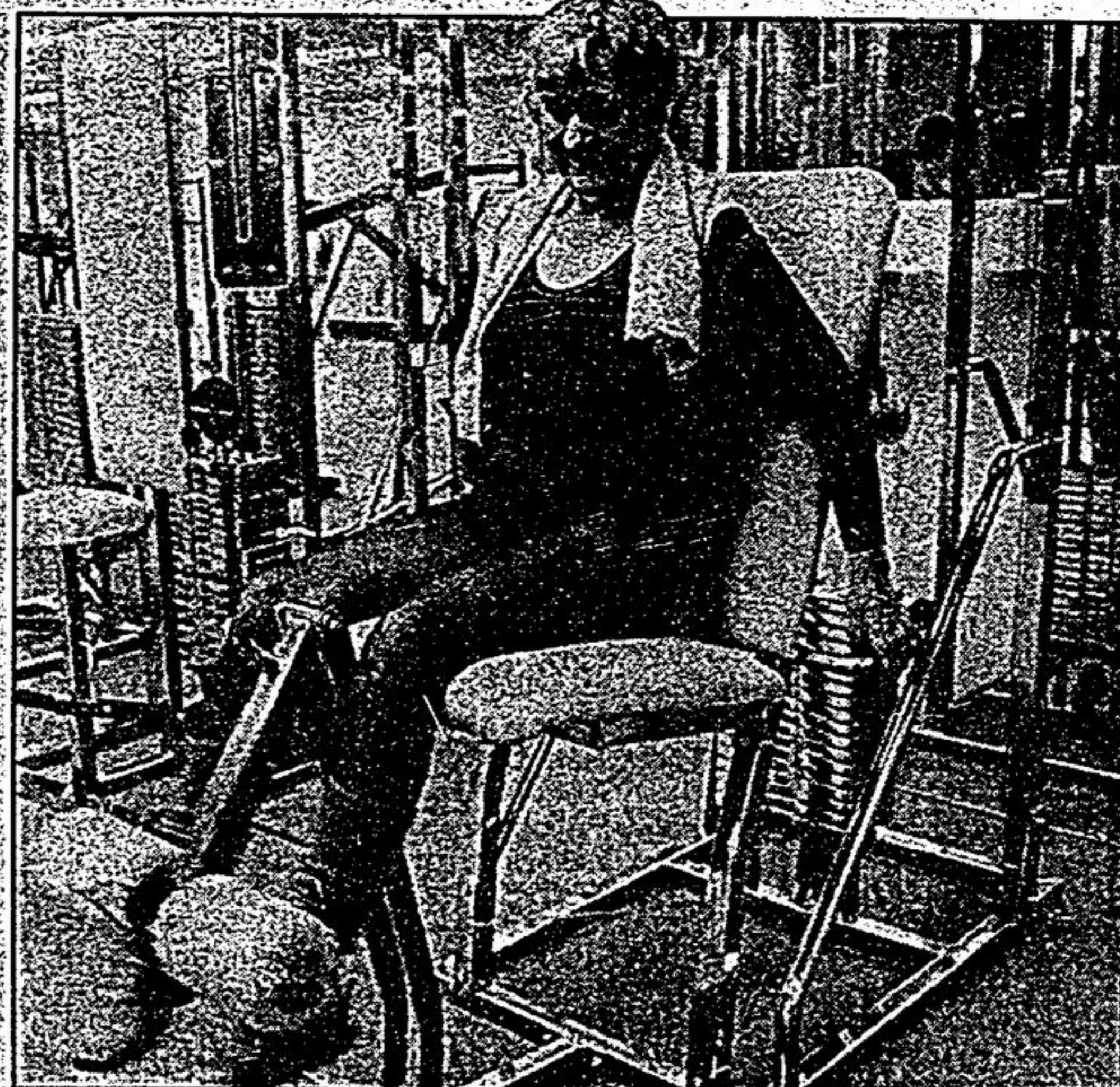


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