

Fashion After  
*Seventy*



Susan B.  
Montgomery, 70

*Leetsdale, PA*

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Fitness, exercise, right diet and weight watching have been a constant in my life since my body stopped forgiving me 30 years ago.

Fitness became a daily habit, not just a gym destination: dumbbells and elastic bands while watching TV, butt squeezes when standing, walking instead of driving when I can, water always, and I love raw vegetables and salsa, and the gym, too.

Now it's not a chore, just an everyday routine.