

Forever Fit and Fabulous Introduction continued...

Aging with strength and energy is not only possible, it can be glorious! Imagine yourself at 70, with a better body than you had at 40. Biologically, you can be 10, 20 or even 30 years younger than your chronological age. You can develop the strength and stamina of an athlete. You can look in the mirror with satisfaction, gratitude and confidence, as you see your reflection of beauty and personal accomplishment.

Forever Fit and Fabulous will teach you to welcome change. Inviting yourself to evolve is essential to maintaining a body and mind that operates at full capacity. Each new day is a precious gift that offers you an opportunity to transform any aspect of your personality that's holding you back or to simply improve on the previous day. As you well know, when you stop evolving, your body (and mind) slip into decay---and none of us want that.

Sometimes we meet someone at just the right moment who sheds light on a lingering issue or sparks a totally new way of thinking that you hadn't considered before. Or, you might read a passage that prompts an Ah-ha! moment and a ray of light brightens a dark spot.

Perhaps that's why you picked up this book. The words "forever fit and fabulous" may have attracted you. After years of putting off getting in shape, now you are ready! You're tired of feeling guilty for neglecting yourself. Or, maybe you're thinking that this book might help you recommit to the last promise you made to yourself to get fit once and for all. Now you're 10 years older and feeling worse than ever, expecting more physical decline as the years go by. But help is here. Trust that *Forever Fit and Fabulous, A Guide to Health and Vigor—even at 70, 80 and beyond* can guide you to create your new world of vibrant, optimum health—with the pain-free body of your dreams and the fearless mentality of a yogi.

First I want to share my own story. The fantastic world of optimum health of body, mind and spirit has not always been mine.

I created my new world after my old one fell apart.

Nearly 25 years ago, I was sickly and depressed, feeling powerless to change my dysfunctional life. Too long stuck and miserable had taken a toll on my health. I had suffered through a cancer diagnosis, was told twice I was going blind, and had a spinal deterioration that would eventually need surgery. Making matters even worse, I ended up divorced and broke. I was 46 years old.

All this may sound like more than anyone could bear, but for me, these multiple misfortunes lit a fire whose flame still burns. The passion of this fire inspired and motivated me to take full charge of my destiny and to create the life I had always wanted but didn't believe I could—or deserved—to have.

Intuitively I knew that to create this new life, I needed both a new mindset and a rejuvenated body. A new mindset would help me make sense of my broken life so I could free myself from unresolved issues and emotional turmoil. So I set out to study psychology. I wanted to know why I had acted destructively and how I could change my limiting habits into productive ones. My second goal—a healthier body--would give me the strength, stamina and confidence to face whatever challenges came my way with courage to grow from the experience.

Throughout this journey I learned from many teachers, but I will mention the three who influenced me the most. Rachel McLish, Ms. Olympia of 1980 and 1982, author of *Flex Appeal*¹, showed me that a strong, muscular body could be beautiful at a time when women considered muscles unsightly and gyms the domain of sweaty male bodies. Drs. William Evans and Irwin H. Rosenberg, authors of *Biomarkers: The 10 Determinants of Aging You Can² Control* taught me that the aging process can be reversed and slowed down no matter what your age. The doctors were researchers on the physiology of aging, sports performance and nutrition at Tufts University at the time of the writing of *Biomarkers*. Finally, I am grateful to Dr. Deepak Chopra, leading expert on mind/body medicine and author of *Ageless Body, Timeless Mind – The Quantum Alternative To Growing Old*,³ for showing me that the body is at the service of the mind and that how we think about ourselves and the world not only effects our health but also determines how slowly or quickly we age.

I began my quest for health with daily exercise, lifting weights and jogging. I lowered my intake of sugar and fat, and gave up alcohol. Within only a few months I began to feel and look better. In less than eight months I dropped two dress sizes and for the first time in my life, had strength and energy. My depression lifted and my back strengthened so I could straighten up instead of walking like an old lady. Amazed and excited by the impressive results I'd achieved in such a short time, I asked myself the question: Why isn't everyone doing this?

The answer came: Start teaching!

For the next 25 years I taught, wrote fitness articles, made TV and radio appearances, and presented my innovative fitness program to business groups and conventioners. I produced a home workout video, a cookbook and a relaxation tape. Wanting to also reach

Latino audiences, I flew to Miami and on the “Cristina Show” on the Spanish network Univision urged Latinos to empower themselves by strengthening their bodies, which would have a positive ripple effect on their minds and their souls. When “The Home Shopping Network en Espanol” came calling I went on the show, waking up sleepyheads at 7 am with my health and fitness message.

As passionate as I was then about my message, I am even more enthusiastic now, for I have not been sick in bed once in the last two decades! I train everyday with gusto for what it gives me, and for what it gives my two sons--a healthy, strong, happy and resourceful mother. I believe that my greatest legacy will be the example I have set for them and for my grandchildren. When Sophie, my first grandchild, celebrated her very first birthday, I gave her a miniature workout bench and weights! Growing up in a home of athletes, she couldn't help but be inspired. At age eight, she realized her first dream, a junior black belt in Taekwondo.

When I thought about writing this book, I immediately knew what the title would be: Forever Fit and Fabulous, A Guide to Health and Vigor—even at 70, 80 and beyond. Yes, you can erase almost half your age by how you live your life. I call this “*radical aging*.” This book offers you radical ideas to slow, and in many cases, reverse the passage of time. I'm not referring to the latest anti-aging cream or youth hormone, but time-proven, safe and practical methods to prevent and often reverse the ravages of time. You already possess everything you need to live life to the fullest with optimum health, vigor and vitality for the rest of your life.

Join me as we discover the marvel of your body and find new ways to take care of your most precious asset. As inspiration I offer you both my personal experience and the scientific information that gave me back my life. Read on and begin to realize your dreams.

Endnotes

Introduction

¹ McLish, Rachel, *Flex Appeal* (New York: Grand Central Publishing, 1984)

² Evans, William, PhD and Rosenberg, Irwin H., M.D. with Thompson, Jacqueline *Biomarkers: The 10 Determinants of Aging You Can Control* (New York: Simon & Schuster, 1991)

³ Chopra, Deepak *Ageless Body, Timeless Mind – The Quantum Alternative To Growing Old* (New York: Harmony Books, 1993)

Chapter 1- Muscles, Your Power Source