



# STAYING AHEAD OF OLD AGE

## EVEN INTO YOUR NINETIES

You might think you're too old to start working out. Well, there are some members of the World Gym in Peachtree City that are happy to prove you wrong. These three nonagenarians have a healthy habit of exercising and, according to World Gym General Manager Kim Hershey, "They're an inspiration to us all."

Leonard Goodman is the oldest. He'll be 92 this June; born in 1916 in the state of Washington. Both Charles Billiard (August 1917, Indiana) and Roy Rotz (December 1917, Illinois) will reach 91 this year.

This April, they met up at the gym, where they were each presented with free lifetime World Gym memberships and t-shirts in honor of their continued participation and exercise into their 90s. "They not only inspire the staff here, they also inspire other members to keep it up," Kim says.

After the presentation, the three men shared their thoughts about the importance of fitness in their lives.

"I'm still active and maintaining my joint and muscle strength," says Mr. Rotz. "If we keep moving, that's good. We'll keep what we have." And there are other benefits. Mr. Billiard points out that he makes new friends at the gym and has opportunities to talk with people and learn from their perspectives.

It's never too early or too late to start a fitness program. Mr. Billiard had a long military career and physical fitness was always an important part of his life, so he says it was natural to continue to keep his body in top shape. He now visits World Gym twice a week where he uses 3 or 4 machines and takes part in the popular SilverSneakers® class. The class concentrates on improving flexibility and balance as well as cardiovascular health and strength training.

When his insurance company offered to sponsor a gym membership 5 years ago, Mr. Rotz took advantage of it. He kept it up even after the offer lapsed. These days, he's in the