

NORTH AMERICAN PRECIS SYNDICATE, INC.

415 Madison Avenue, 12th Fl. New York, New York 10017

86 WORDS, 30 SECONDS

PHYSICAL FITNESS AT ANY AGE

It's never too late to change your life, particularly when it comes to fitness. Just ask seventy-year-old Cecil Daniels, who overcame his high blood pressure. Or Ruth Myers, who celebrated her one-hundredth birthday. Or eighty-one-year-old George Jacobs, who improved his health while making new friends. They all participated in a leading fitness program for older adults called Silver-sneakers. Forty-six percent of program participants never had a Gym membership before Joining. To learn more, call 1--8-7-7--2-1-0--1-3-0-7 or visit silver-sneakers--dot--com.