

Good ole Auntie Flo



YOGA ENTHUSIASTS, Florence Quick, 57, right, and Lidy
Quick, 54, do some stretching exercises during a recent workout at

Women athletes love to be fit

By LORI TUYRK
of The Herald

Energy begets energy — if you feel good you have lots of energy and that energy comes from being fit.

And energy is what Florence Quick, 57, is all about.

Quick works full time, attends aerobics classes, runs on the weekends and during the week when she can, and still finds the time to work at revamping her home.

"Fitness is not something you do to look good," says Quick. "It's a lifestyle concept so you can live your life to the fullest."

Quick has been involved in fitness classes since 1964, either teaching or taking them. She used to teach fitness classes at the YWCA and was the fitness tester there. But after returning to work full-time at the beginning of the year she resigned as a YWCA instructor.

For Diana Williams, 52, fitness is a way of life. The hard-core runner used to play racquet and other sports but after breaking an elbow she took up running.

"I try to run five to six times a week but really I've been involved in sports activities all my life," Williams says.

She says she became interested in running when her husband and son were training for a 10-mile race.

"I thought it would be a good idea if we all did it so we all started running the following year," she says.

Whether it's for fitness classes or individual running, Lethbridge has a variety of facilities and the areas. Williams jogs three or four routes, each about 6½ miles long. Both she and Quick run with friends who meet at the YWCA on the weekends.

Health **Lifestyles**

Trish Brayne, Lifestyles Editor
328-4411 between 8.30 a.m. and 4.30 p.m.

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"Lethbridge is excellent for running. It's beautiful because the weather is usually good. The wind doesn't really bother me.

"If it gets cold and windy then I just go to the Keep Fit classes," Williams says.

Quick says for her fitness is more than just keeping her body in shape, though that enables her to do the things she likes.

"I really made some positive lifestyle changes and I enjoy them. I have a little granddaughter and I want to be a fun grandmother. It will certainly help to be fit and strong and have good endurance," she says.

Williams sees fitness as a survival tool. *Quick*

"It really sets up the body to do other activities in life," she says.

Another bonus to participation in fitness programs is the spin-off. Quick says it turns "inside-people into outside-people".

"This is a problem for many people when they age — they end up staying inside all the time, never getting out, even to socialize," Quick says.

Williams says a rapport with other

runners is one of the reasons she participates.

"I like to race and we get involved in the local races in March. But it's more from the social aspect. It's a chance to get out and meet people and it's a lot of fun," she says.

Quick says when she and friends started to run they were timeclock-watchers. Now she says she is happy to stay at the time she was at five years ago. — *5 days ago*

"You also find your interests spreading. While running people start to notice the environment and it can lead to bird-watching and other interests."

Both women realize running might not be for everyone. In Lethbridge there is a wide range of fitness options, however, fitness classes, swimming, aquasize and weight training.

Quick says if none of the organized activities appeals "just get out and walk to work or walk to the store. It's a chance to get out and enjoy some fresh air and get some exercise, too."

Getting started in a fitness regime is the hardest part. But, both women say once you begin, slowly at first, life becomes fuller.