

GORGEOUS SWIMSUITS FOR GROWN-UPS (WIN ONE! PAGE 86)

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MAY 2005

## ANTI-AGING HEALTH GUIDE

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Museum aide Teruko Burrell, 46  
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year later, my mom died in a plane crash. I started running, and those long runs helped me grieve and improved my confidence. Today, I need the social time of going for a run or a walk with my girlfriends.

**Suddenly I need more:** Time to recover after a hard workout. Back in the old days, I'd get up at 8 A.M. in a blizzard and do a full day of bumpy skiing. I still ski, but I just do a cushier version of it.

**What I love about my body right now:** That I have learned how to accept it. I like my body much better now than I did when I was in my twenties. Part of that came from traveling around the world, seeing women who may be tall or short or round or slim, but they have all found styles of movement—salsa dancing, belly dancing—where they express themselves and appreciate their bodies.

**The move I can't live without:** Hanging by my hands from a chin-up bar. We compress all day, sitting at desks, commuting in cars, so it's important to lengthen the spine every day. It really helps rid my body of aches and pains.

**My exercise crystal ball says:** I'll have more free time to explore different kinds of movement—everything from tap classes to tai chi. But I love mountain climbing—every year, a group of girlfriends and I do a different peak. I'd like to trek in South America and China.

## MOLLY FOX

Yoga Instructor; Author, *Molly Fox's Yoga Weight Loss Program*; ten yoga videos

**Why I will always age-and-tell:** We are the first group to turn 50 who have exercised most of their lives—and it shows. I celebrated 50, lost 36 pounds, grew my hair out and realized I could hold a two-minute handstand while all these kids around me were falling down.

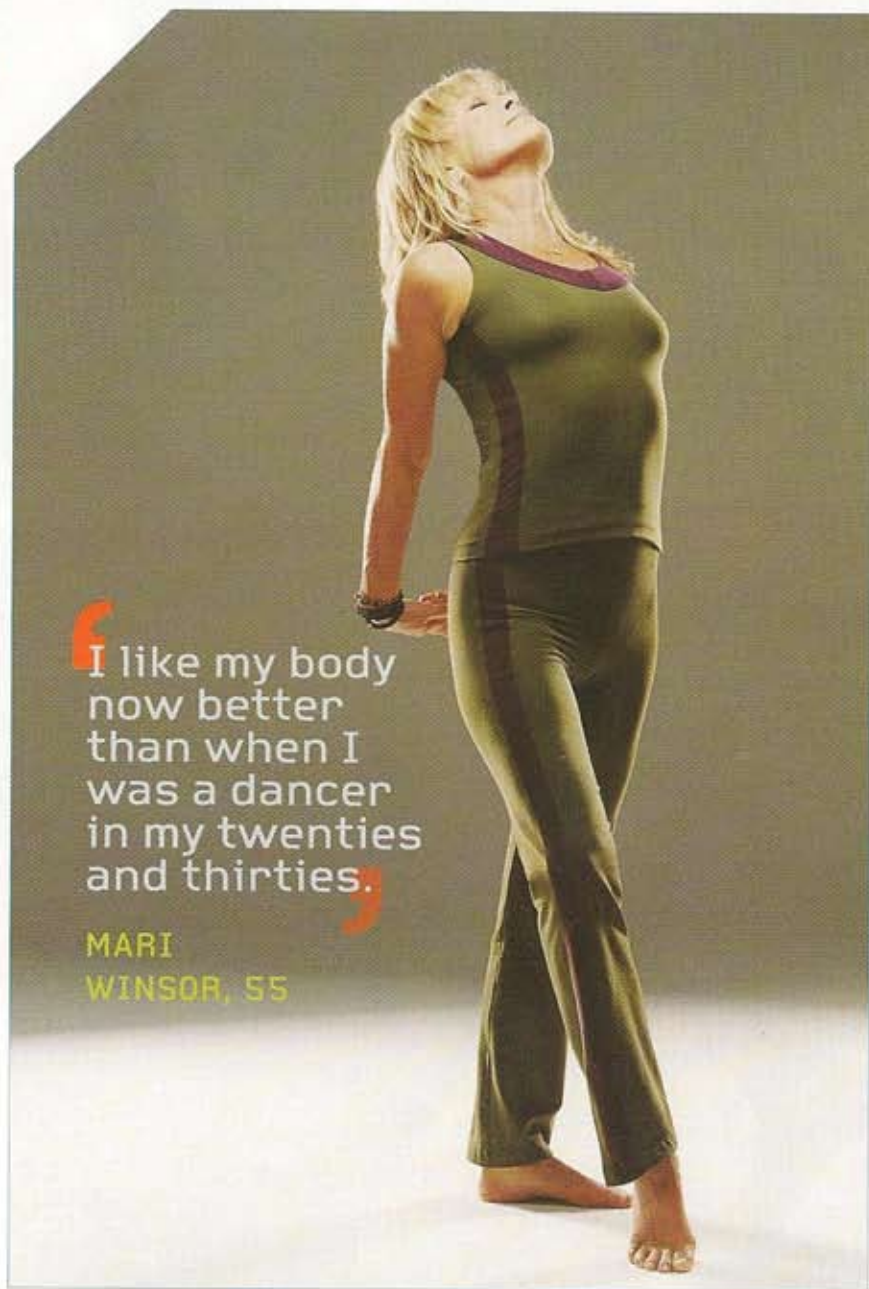
**Suddenly I need more:** Yoga, because it helped me cope with my depression—something I dealt with for ten years. Cooling asanas [poses] such as backbends were helpful in fending off hot flashes.

**What I love about my body now:** The curves. I am strong and athletic. I have a body that's built to move. Ten years ago, I felt like I should have long

blonde hair and a pencil-thin body. Now, my body has become a source of exploration and play.

**The move I can't live without:** A squat. It targets your whole body—the legs, butt and back muscles.

**Suddenly, I have more:** Little aches and nagging hip and back issues. But I can keep up with people half my age, so I don't really mind. →



I like my body now better than when I was a dancer in my twenties and thirties.

MARI WINSOR, 55