

## LIFE

from 4D

"We have to keep moving. Classes like this help, which is why we're here. It's good exercise without being harmful," Bobby Gustafson, 90, said.

Gustafson moves and talks much younger than her years. The former Connecticut resident said she has two artificial knees, making water fitness therapeutic.

Gustafson enjoys playing cards, dominoes and other games as well.

"It's nice to have the games for socializing," Gustafson said.

"You keep your mind and body going," Tillinger added.

"And keeping friendships," Gustafson said, smiling at her swim instructor.

Carlisle offers fitness classes every day, and several residents attend just about every class.

Among the super active is Bernita B. Smith, 90. Her looks and energy levels also defy her age.

Smith walks alone daily, but gives a wave to other residents who have their own walking routines and paces as they stroll by.

She attributes her longevity and wellness to several Blue Zones principles, which she took up herself after learning of their benefits from a preventative medical doctor she has visited since her mid-50s, Smith said.

Her daily walks not only are for the exercise but also to spend time in nature. She attends the fitness classes, enjoys games for social opportunities and has long eaten a mostly plant-based diet, she said.

Bill Belaney, 88, previously of Rochester, New York, has lived in Naples about 15 years, the last three at the Carlisle. Belaney wasn't active until he



COREY PERRINE/STAFF (2)

Tai Chi Instructor Ann Marina leads class Wednesday at The Carlisle Naples.



Hanna Tillinger, 94, left, talks with Betty Andersen during a weekly water fitness class May 18. Workouts last 45 minutes, are low-impact and stretch oriented.

was in his 50s when he had a health crisis. After what he called a mini stroke, he decided to start walking daily, even in the Northern snow.

"Once you get used to it, you have to do it," Belaney said.

Belaney fits the 2015 Senior Health & Fitness Day theme of "If you keep moving, you'll keep improving." He has won the Carlisle Olympics walking competition every year for the past three years and each year he reaches a personal best.

He doesn't know if he's

vying for a fourth Olympic win.

"I'm already a triple crown winner. Give someone else a chance. Plus, we're all kind of on a week-by-week basis," Belaney said and laughed.

He's shaved about five seconds off his 1.5-mile walk, he said.

"At least it's going the right way," Belaney said.

Jane Anderson, 87, is soft-spoken and a bit gentler in her daily walking approach. Anderson began walking more than 30 years ago and found the exercise relieved her head-

aches and stress. Now, it's a habit. She hasn't had headaches in decades, she said.

She isn't going for speed. Neither is Smith.

"I'm not out for speed. I'm out for survival," Smith said.

Milton Koosman, 92, has a sharp sense of humor.

"I just walk around because I don't have anything else to do. If anyone happens along and they're going the same way, I'll walk with them. If they want to hold hands, I will," Koosman said.

Holding hands doesn't happen much, he said, taking a look at Smith and smiling.

Koosman attributed his longevity to genetics.

"My father made it to 100 and he was in pretty good shape until then," he said.

Longevity research indicates that wellness and a long life are comprised of 80 percent lifestyle and environment attributes and just 20 percent genes, said Dan Buettner, founder of the Blue Zones Project.

"Well, we're going to die healthy. You know that," Smith said.