

[MUSIC PLAYING]

TRAINER: Mom is demonstrating the deadlift. Beautiful! Well done!

WOMAN WORKING

OUT: There's no age limit, really, to what you can do. You put up your own barriers. It's a mental thing. Over the years, as my family left, I guess I started snacking more. And I ended up on medication for high blood pressure, bad cholesterol, acid reflux. I guess it was just me being as big as I was, and not - just not happy with myself. And it had to change, it just had to change. Because it was going downhill.

Now I can look in the mirror, and I'm happy.

[CRYING]

Sorry. But I changed. I look better than I did.

TRAINER: Got to keep your chin neutral.

WOMAN WORKING

OUT: I'm happier with my life. Yeah. And I strive to be better and stronger.

TRAINER: Up. Slow

on the way down, all the way down. Keep going, keep going, stretch, stretch, stretch, stretch. Nice.

It's great to see how many people her story is touching. And I hope that that message that just because you're aging does not mean that you can't wholly change, reclaim vitality, live a completely different life than you could ever have imagined.

WOMAN WORKING

OUT: If you've got bad health or you're not happy with the way you are, the life you're living, then start to take charge.

I'm done for that one.

And do it as soon as you can. Don't wait to be my age to do it. You might not be able to.

[MUSIC PLAYING]