

The BBRM Introduces



Morjorie Newlin

Before retiring from a career of nursing, Morjorie would use the treadmill, step machine or stationary bike at her local gym four days a week. But she didn't get really fit until she was in her early 70's, after retirement, when she took up bodybuilding in addition to her cardiovascular workouts after hearing that weight training was an excellent preventative measure to take against developing osteoporosis. Weight training also builds strength, stamina, and endurance. Morjorie is an example that it's never too late to get fit. She cites independence, confidence, energy, and health as reasons to do so.

When I asked Morjorie what advice she would give to people interested in living long, healthy lives, her reply was to exercise regularly and to strictly avoid fast food! She stresses that cooking for yourself is not hard and thinks that it is important to know what you are consuming. Smart woman. Morjorie drinks enough water and mostly sticks to eating chicken and fish for protein. She rarely consumes beef or alcohol, aside from an occasional glass of wine when dining out. She visits her doctor often to stay well, but is opposed to the idea of taking pharmaceutical

pills for every little thing. She also knows that some medications interfere with others effectiveness and can even be dangerous to take at the same time.

This great grandmother was a guest on both the Oprah Winfrey show and on The View, after winning several body building competitions as a septuagenarian. But winning was never her driving force- gaining strength and feeling good were. Morjorie likes inspiring others to enjoy the benefits of good health, and in her free time gives motivational speeches at schools and banquets where she talks about the importance of exercise, weight training, and healthy eating. We look forward to inviting Morjorie to speak at an upcoming BBRM Black Health Symposium in the northeast soon!

*Read more examples of rockin' retirees in this health article from the Los Angeles Times:

<http://www.latimes.com/features/health/la-he-unstoppable26mar26,0,7739325.story?coll=la-home-health>

At age 86 Morjorie Newlin is an inspiration to anyone at any age. Morjorie was born in the US, but raised in the culture and lifestyle of her mother, an immigrant from Barbados. On the island, her parents were accustomed to walking and running long distances, as well as eating healthy foods. With this Barbadian influence Morjorie had a good start growing up healthy by eating lots of fruits, vegetables and fish and by staying physically active.

By: Elle Housman
www.PositiveScribes.com