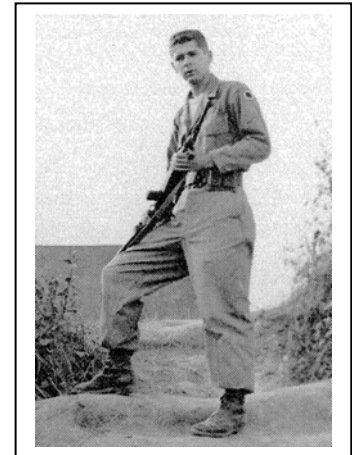


## Meet Mort Segal

Last year I retired at the age of 80, and I wasn't too sure as to what to do with my spare time.

Looking at some of my Korean War pictures, I thought it would be interesting if I could once again get back into shape. I saw an ad for the ABS exercise class at Spa 23 and decided it's about time.



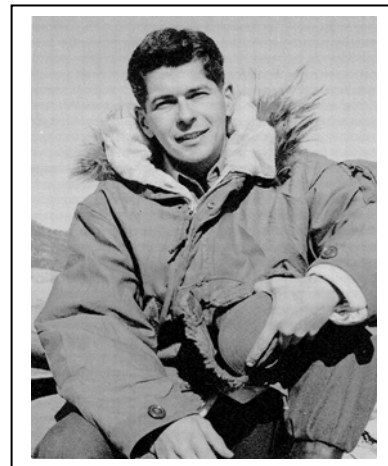
I wasn't sure from the first class if I could really do this All about ABs program, but with the guidance and help from the Certified Instructor, Renee, I was able to start on my program of getting into shape! Renee showed us how to do a variety of exercises in a simple but structured way.

Thanks to the program I'm feeling fine and more importantly I have moved my belt back one hole!

Mort Segal



Renee Brown and Mort Segal  
Spa 23 May 2010



Mort Segal  
Korea 1950