

# Pilates knows no age limits

92-year-old Omahan proves it's never too late to begin exercising

Are you concerned about poor posture but have become resigned to living with it? Maybe you could emulate Marion Payton of Omaha, who decided to take action several years ago.

With a goal to build strength and improve her posture, she joined the Pilates Center of Omaha.

At 92, she's proving it's never too late.

"My goal was to not sit around and become a vegetable," Payton says. "And to not lose body strength."

Co-owner Ashlee Richardson, who believes Pilates is an exercise for all ages and types, remembers that

Payton was starting to get back pain and wanted to alleviate it.

"People who are hunched over and want to sit up straighter often come here," Payton says. "Or they come to improve their balance so they won't fall."

Pilates is designed to improve flexibility and muscle endurance without building bulk or stressing joints. For seniors, where osteoporosis is often a concern, Pilates strengthens bones. It can be done using equipment, in a chair or on the floor using a mat.

"Pilates is a low-impact type of exercise with a low risk of injury," Richardson says. "It's focused on alignment of your spine and strengthening core muscles that support your spine."

To recover from a recent fall, Payton has been taking time off from Pilates. Will she be back?

"Heavens, yes. I love Pilates."