



A 94-Year Old Man Isn't Supposed to Pole Vault.

[Forever Athletes](#) proves otherwise.

An 82 year-old man isn't supposed to lead treks in Nepal and to the summit of Mt. Kilimanjaro. A 75 year-old woman isn't supposed to pole vault either, certainly not 9 feet. A 79 year-old man shouldn't even show up to race the Hawaii Ironman Triathlon, but finish in 15 hours? A 69 year-old woman isn't supposed to dead-lift 270 pounds, and if an 82 year-old woman flies past you, she's not supposed to be doing it on a bicycle.

Yet all these things have been happening in just this past year.

What are their secrets? How are these athletes, and many others like them, doing so many things that they're not *supposed* to be doing?

Good genes, you might say, it's all about good genes. They simply won the genetic lottery. Right? Wrong. The truth is we humans are not so genetically diverse. Decoding the human genome proved that, essentially, we all won the genetic lottery. If we hadn't our species would have become extinct.

Okay, then, you counter, they've been athletic their whole lives. While this is true in certain cases, there is no statistical correlation. Many of the athletes in our survey took up their sport after age 50, and sometimes as late as their sixties. The 82 year-old woman cyclist mentioned above didn't begin competing until she was 74!

All right then, you argue, they must have lived boring monastic lives, never taking risks, never getting injured, only eating perfectly balanced diets, enjoying perfect health. Again, false, false, false, and false. Actually, their lives have been full of all the same risks, mistakes, set-backs, injuries, and delicious foods as anyone else, frequently more so. (Although it is true that none of the athletes we've surveyed have ever been smokers).

Their real "secrets" are not at all what you'd expect.

The ongoing mission of the Forever Athletes blog is to help you discover and understand what these secrets are, so that you may feel inspired to apply them to your own life.

Share YOUR inspirational stories in a [survey](#). Aging is inevitable. No one has to get old.

To learn more about **Forever Athletes™** and its growing community, visit the blogsite: <http://forever-athletes.com> (or contact Jessica, Managing Director, by phone **206.224.5627** or email [jseyfert@forever-athletes.com](mailto:jseyfert@forever-athletes.com)). Become our friend our Facebook: [www.facebook.com/4everathletes](http://www.facebook.com/4everathletes)

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