

THE WALL STREET JOURNAL.

This copy is for your personal, non-commercial use only. To order presentation-ready copies for distribution to your colleagues, clients or customers visit <http://www.djreprints.com>.

<http://www.wsj.com/articles/she-started-running-in-her-70s-and-hasnt-stopped-1480248002>

LIFE | HEALTH | HEALTH & WELLNESS

She Started Running in Her 70s and Hasn't Stopped

Anne Garrett, 82, runs four days a week, often with the children she meets as an anti-obesity advocate



Anne Garrett stretches with students at San Luis Rey Elementary School in Oceanside, Calif. She is a spokeswoman for the Move Your Feet Before You Eat Foundation, which encourages physical activity among children.. *PHOTO: SANDY HUFFAKER FOR THE WALL STREET JOURNAL*

By **RACHEL BACHMAN**

Nov. 27, 2016 7:00 a.m. ET

Anne Garrett encourages the children she runs with to jog beside her or behind her, but not right in front of her.

The 82-year-old has finished half-marathons and routinely won her age group in a decade of running. But she still doesn't want to trip and break a hip.

Ms. Garrett, of Oceanside, Calif., is the volunteer spokeswoman for Move Your Feet Before You Eat Foundation, a Carlsbad-based nonprofit that encourages young people to be physically active. This time of year, she makes frequent visits to schools and Boys & Girls Clubs to run with children.

She says she used to run for the medals and competition. "But right now, all I want to do is have fun," she says. "I have fun with the kids, running with them. They're just so funny."

She recalls a 7-year-old girl growing wide-eyed as Ms. Garrett pulled out her cellphone to show her a running video. “She said ‘You’ve got an iPhone!’ And I said, ‘Yes.’ She said, ‘But you’re old!’ ” The kids call her Grandma Anne.

On the day before Thanksgiving, Ms. Garrett ran a senior mile race for walkers and runners age 60 and older. She walked the 5K O’Side Turkey Trot the next day with her younger daughter, who is recovering from an injury.



Ms. Garrett stretches her legs after a run with the students. She says young runners are fascinated with her age (she is 82 years old) and are excited to run with her. PHOTO: SANDY HUFFAKER FOR THE WALL STREET JOURNAL

Ms. Garrett grew up in Ireland where, she says, “only one family in the village had a car, and it wasn’t ours.” So she walked. She moved to the U.S. with her husband and two daughters in the late 1960s.

Ms. Garrett was a racewalker for years and planned to walk a 2006 half-marathon in Huntington Beach, while her younger daughter, Jayne Klein, ran. But everyone else started running so Ms. Garrett did too—and kept going.

MORE WHAT’S YOUR WORKOUT?

- [Tips for Older Runners: How to Get Started and Keep Going](#) Nov. 27, 2016
- [A Tougher Workout Than a StairMaster: The Stepmill](#) Nov. 19, 2016
- [How Surgeons Stay Focused for Hours](#) Nov. 16, 2016

When her husband died more than five years ago after a battle with

Alzheimer’s, she had a choice. “I could sit and feel sorry for myself, or I could put on my shoes and go out and run,” she says. “I find that not just physically, but mentally, running is great.”

She typically runs about four days a week. She encourages the children she runs with to get their parents moving, too.

The Workout

On days she doesn't run, Ms. Garrett does exercises at home to strengthen and stretch her muscles and improve her balance. She uses a 9.5-pound bar to work her arms, pulling it up to her chest 10 times, then pushing it overhead 10 times. She does three sets of each.

She lies on her back and pulls her knees to her chest 10 to 15 times. She stretches her arms to her sides, then moves her knees to one side and looks in the opposite direction to stretch out. "I get some cracks with my back at that time," she says. "It feels good."



Anne Garrett's weekly routine includes a few days of strength and stretching exercises that she usually does at her home in Oceanside, Calif.. PHOTO: SANDY HUFFAKER FOR THE WALL STREET JOURNAL

She gets on her hands and knees and arches her back in a yoga "cat" pose, then drops her belly into "cow" pose, alternating the positions.

Ms. Garrett does several exercises that require her to balance on one leg. One example: She stands on her right leg, then bends her left knee and grabs her left foot behind her with her left hand. She extends her right arm up and holds the position for 30 to 40 seconds. Then she switches sides. Her whole indoor routine takes about 30 minutes, she says.

She has arthritis in her lower back and left knee, and she sometimes walks parts of longer runs. She recently scaled back her training by a few miles a week but says running still feels good and loosens her up.

"Recently, I've been having a little more pain than usual," she says. "The doctor said, 'Don't stop. Do it as long as you can.'"

The Gear

Ms. Garrett wears running skirts: "That's my trademark," she says. She wears knee-high compression socks and New Balance Fresh Foam shoes. She uses a foam roller to work out muscle aches.

The Diet

For breakfast she has a dish of blueberries and banana, along with a bran muffin or oatmeal. Lunch is often a salmon sandwich with some grapes and Wheat Thins or potato sticks.

Dinner is a broccoli and kale salad she buys at Trader Joe's. She adds a handful of unsalted nuts, dried cranberries and chicken or salmon. She eats half an apple before dinner and cuts up the other half for the salad. Every night she has a glass of wine, usually White Zinfandel.

Dessert is a small piece of chocolate, candy, or fruit with "a little bit of Cool Whip on top just to make it look good."

Playlist

Ms. Garrett doesn't listen to music while she runs but sometimes sings to herself. "I like the song 'My Wild Irish Rose,'" she says. "My husband and I used to dance to that."

**Write to Rachel
Bachman at**

MORE IN HEALTH & WELLNESS

- A Tougher Workout Than a StairMaster: The Stepmill
- Gyms That Make You Want to Exercise More
- When Triathlon Runs in the Family

rachel.bachman@wsj.com

Copyright 2014 Dow Jones & Company, Inc. All Rights Reserved

This copy is for your personal, non-commercial use only. Distribution and use of this material are governed by our Subscriber Agreement and by copyright law. For non-personal use or to order multiple copies, please contact Dow Jones Reprints at 1-800-843-0008 or visit www.djreprints.com.