

LANDSKATERS skate update

For Inline Skaters in the Philadelphia Area and Everywhere

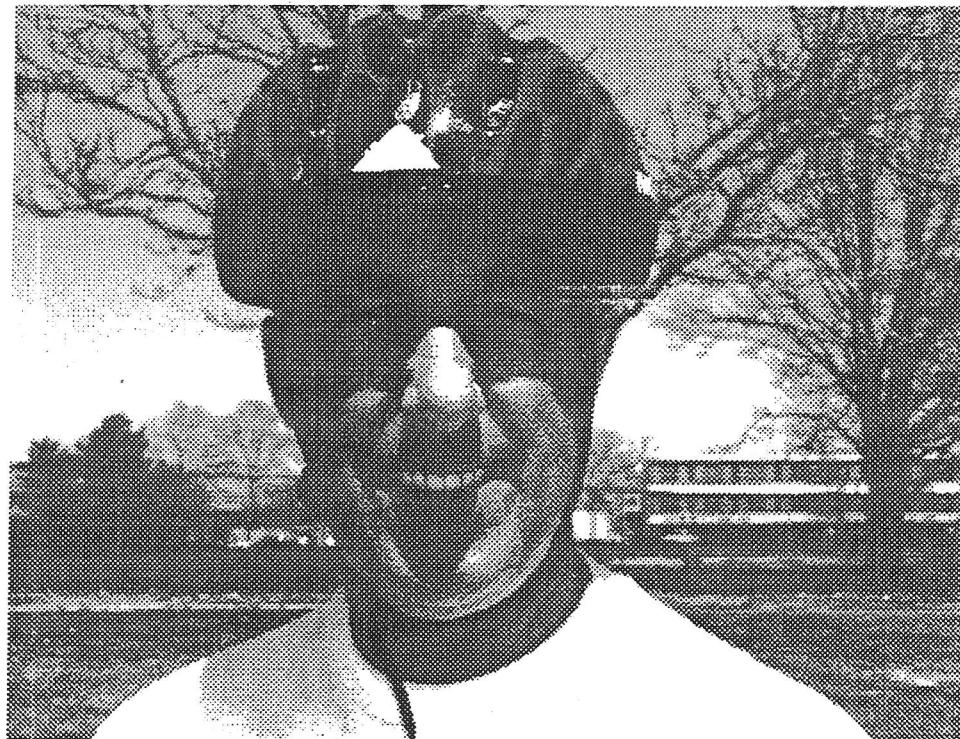
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"Do it Safely! Do it Often!"

by Leah McClellan

John Steel is nothing short of phenomenal. To be sure, all skaters are phenomenal. But John Steel is just a little bit more extraordinary, just a little bit more amazing, and perhaps just a little bit more "m-a-a-velous" than the rest of us. Is it his excellent skating skills that catapult him into the upper echelons of skater hierarchies? Perhaps it's his uncanny ability to skate steps—backwards—a trick that turns some of us green with envy. Or maybe it's his excellent teaching skills, his friendliness, and his fun-loving nature that endear him to everyone who skates and works with him. John Steel is one helluva guy in a lot of ways, but the real deal is that he blows the skates off most of us—and he's 65 years old.

Many people half John's age or even one quarter his age would do well to keep up with him. John has been an active skater for the past four years, and he's been an avid skier for the past ten years. Plus, he's an active member of Landskaters along with several ski clubs, including Fall Line. What's his secret? Why is John Steel in such great shape while other people his age have a rough time even getting up a flight of stairs? Is it hereditary? Genes? Was he an Olympic champ as a youngster? Does he drink specially-brewed herbal milkshakes every morning? Does the tree of life grow in his backyard in Audubon Park, New Jersey? The simple secret is that John Steel knows he has a choice about what



kind of life he wants to lead. And he sure does a great job of leading the way for the rest of us.

John says that "deterioration seems to be a way of life for some people." But not for him. One tactic he uses to fight that kind of attitude is diet and lifestyle. He's not a health-food guru, and he doesn't have a bookshelf crammed with the latest diet bestsellers. His motto is simply "eat sensible, well-balanced meals." Part of this plan has included learning over the years to consume less animal fat and to eat more veggies. His saying "everything in moderation" applies here, especially with alcohol. Now everyone who knows John *knows* that he likes his beer! But while he confesses to be "a beer-drinkin' Christian," he does describe himself as "a party animal who never parties more than one night. Two nights

in a row would definitely be too much." Although he does enjoy the occasional hearty imbibition, he definitely doesn't smoke, and he takes a daily multiple vitamin with extra vitamin C. The result? Consistently healthy check-ups: good blood pressure, low cholesterol levels, and a heart that pumps strong during the course of a stress test.

"Fit for life and stay strong" is another element of John's attitude toward the common misconception that age equals an inevitable decline. No rocking chair for this guy! John has been active all his life in a wide variety of fun sports. As a young man, he participated in ice and field hockey for many years. Later, he earned a black belt in Judo and was active in that sport until his forties. On top of that, he raced dirt bikes until he was 48. *see John on page 5*