

Senior couple stays active and exercises together

By Daniel Casciato
For Pittsburgh Senior News

Maintaining a healthy, active lifestyle has always been a top priority for Ed and Margaret Laurash of Bethel Park. "I've been active all my life," said Ed, 81. "I used to run a lot. When we had our own business, I used to go running in the morning before we opened."

Ed still enjoys keeping himself in great shape. He and his wife go to Mercy Hospital's HealthTrax three to four times a week to work out. "It's a good feeling," he said. "I work out for about an hour and when I'm done I feel like I have accomplished something."

While Ed exercises using Nautilus equipment, Margaret will do some water exercises then work out using some of the facility's exercise machines. By going to the health club together, Margaret feels that they help motivate each other. "We've always been very active and ever since we retired, we thought



Chuck LeClaire/Pittsburgh Senior News

Margaret and Ed Laurash at HealthTrax Gym in Bethel Park.

we needed to do something else other than walk in South Park," said Margaret, 79. "Going to the health club has kept us very active and agile."

Exercising and staying active has also eliminated the minor aches and pains that Margaret used to have. "Even if you're tired, by the time you have

exercised and worked out, you feel really good when you're finished," she added.

Another key component to staying healthy is to eat right, Margaret noted. "We watch our fats, eat salads every day and don't eat a lot of sweets," she said.

Another way the couple likes to keep themselves busy is through volunteerism. Both are active members of St. Valentine's Church. They volunteer with the church's bereavement lunch group. They are also active in St. Valentine's Senior Citizen Group and the Gold Card Club at Bethel Park Community Center.

"I have an 84-year old sister who thinks we're both teenagers because she said we're always running around everywhere," Ed laughed. "We always try to keep ourselves busy with something."
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