

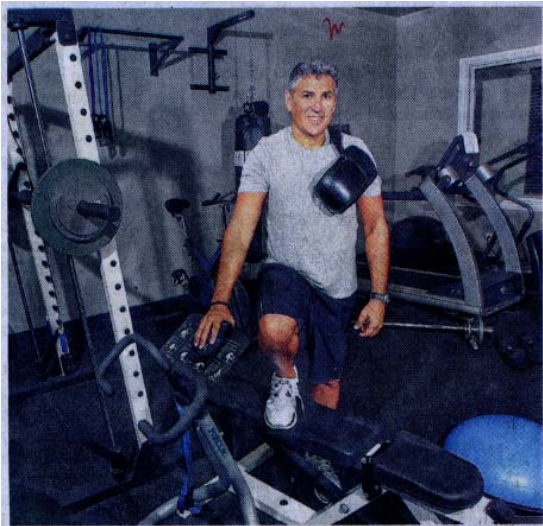
ACCENT HEALTHY LIVING

BOOMERLIFE | *An occasional series*

**These boomers
are in better shape than most
people half their age!**

SO WHAT'S THEIR SECRET?

Healthful eating habits, regular exercise
– and the occasional indulgence.



Staff photos by ALLEN EYESTONE, DAMON HIGGINS and BILL INGRAM

BOOMERS ON THE MOVE: Howard Wander, 49, of Boca (top), Patti Wilmoth, 52, of Lake Clarke Shores (center) and Claire Sheres, 58, of Boca Raton all have integrated fitness into their active lifestyles as much of the baby boomer generation has. **Their stories, 2D**

Baby boomers – those celebrated, analyzed, over-dissected 77 million Americans born between 1946 and 1964 – have spent their entire lives redefining tradition.

Marriage. Parenting. Work. Male/female roles. You name it, and baby boomers have influenced it and most likely changed it for the better.

And now, as the oldest boomers have reached (traditional) Social Security age this year, they're determined to stay more active and vital than previous senior generations.

Today we meet Howard, Patti and Claire, three local baby boomers whose dedication to their overall health, fitness and well-being should serve as inspirational examples for everyone, no matter what your age.

– Steve Dorfman,
Palm Beach Post Staff Writer

Meet today's boomers and read how they keep themselves motivated to stay healthy.

THEIR STORIES, 2D

DID YOU KNOW?

■ By 2015, those age 50 and over will represent **45 PERCENT** of the U.S. population. Today, boomers make up **28 PERCENT** of the population.

■ **72 PERCENT** of baby boomers plan to keep working in some capacity after 'retirement.'

■ Of the 72 million family households in the U.S., **34 MILLION** of them are baby boomer households.

Are you making your boomer years better?
We want to know how!

DETAILS, 2D



DAMON HIGGINS/Staff Photographer

Howard Wander created a state-of-the-art gym at home for his family of five.

■ HOWARD WANDER, 49, Boca Raton

OCCUPATION: Managing partner of the West Palm Beach office of the law firm Kelley Kronenberg

BACKGROUND: A lifelong sports fan and athlete, Wander's dedication to a healthful lifestyle was cemented during his sophomore year in college at Michigan State. "My dad was in his 50s and had a heart attack," Wander recalls. "Thankfully, he survived and is still alive today. But it scared me."

Considering how fit Wander is now, he

should have nothing to worry about.

In addition to handling his hectic law practice, Wander, and his wife Debra, are constantly on the go with their children (two daughters, 19 and 16; a son, 12).

So rather than having to spend precious time heading to and from health clubs, Wander found a more convenient solution: "Over the years, I've created a state-of-the-art gym in my home."

Replete with commercial-quality machines and weights, as well as a 50-inch flat-screen TV and even a sauna, the gym provides the Wanders with everything they need in their Boca Raton abode.

"We work out together four to five times a week," Wander says. "It's great for our relationship and makes us even closer."

FAVORITE ACTIVITIES: "Anything that makes me sweat and gets my heart rate up," Wander explains. This includes training on his treadmill and elliptical machine, and doing workouts from Tony Horton's P90X fitness DVDs. "I crank my favorite AC/DC or Guns N' Roses and go to town," Wander explains.

When Wander ventures beyond his enviable four walls, he enjoys golf, snow-skiing and "going to all of my kids' games. I never miss one."

DIETARY HABITS: "I take vitamin supplements and eat six small meals a day — chicken, fish, egg whites, complex carbs, nothing processed," Wander says. He then adds with a laugh, "I need willpower, though, because my wife is a fantastic cook."

FITNESS PHILOSOPHY: "You can always keep improving. I feel like I'm in much better shape now than when I was in my 20s or 30s."