

1. I was born at 11:45 PM on Saturday, August 11, 1917. I weighed exactly 8 pounds.

Just for the record (according to my mother's written list in my baby book) I weighed 15 pounds at 15 months, 21½ pounds at one year, and 30 pounds at two years). There is no recording of length - evidently they didn't take that measurement during the era when I was born.

3. Weight exercising (and related activities) has become for women an accepted exercise medium during the past forty years, but it hasn't been accomplished quickly by any means.

When I first used weights just as an exercise medium, it was primarily with dumbbells, and only the exercises that were contained in one of the York Courses that Les loaned me along with the dumbbells. This was probably back in 1938 or 1939. In addition to this I also followed calisthenic movements that I found in Physique Mag. put out by Bernarr Mc Fadden; and various old exercise books with illustrations, that I found in the local library. Needless to say the York exercises were mainly upper body movements, and the calisthenics (though very vigorous) were in many instances mostly stretching movements.

I knew little about weight training, and even less about weight lifting (such as the 3 lifts.)

There was little interest in my area concerning women's exercise - other than the usual swimming, tennis, and group games, such as volleyball along with calisthenic classes at the local high school evening classes.

All I knew about hand balancing or acrobatics was circus or stage performances, so when we first began going to Muscle Beach and I was taught to do handstands, I was a real beginner. Here again at that time there were only a few women who also participated in some of these activities down there.

Later I can remember hearing other girls say "Oh, she looks like a man from the back"; and even some fellow exercisers at Muscle Beach warned me that I would get muscle bound, be unable to have children, etc, etc.!!

After I began operating a gym in 1948 we found it best not to emphasize muscles (either in posed photos or in promotion) - women were only interested mainly in reducing, or a few very underweight women in gaining weight - but not "muscles".

Gradually in the years from 1938 to the present time - many of these ideas about women and "muscles" have been eliminated. Now, with this comparatively new sport - female body building - it has become sensational in some circles to have "muscles" and to display them.

When one looks back on the success of weight exercising gyms in the fifties, sixties, seventies, and now the eighties, it is obvious that women have obtained a well deserved part in the world of sport