

Three times a week I do a forty minute routine of stretches, light dumbbell upper body exercises, calisthenic type lower body movements with which I use ankle weights, and free squats - in addition Les and I "do the stairs" - 187 stairs up, and 187 stairs down - ten or more round trips - sometimes I run them, sometimes I do every other step, and when I walk them I, also, do sets of free squats in between. We walk or jog along the beach or park in Santa Monica two or three other days of the week.

One of the great blessings of walking, jogging, and using the stairs is being outdoors almost daily - of course, we are fortunate enough to live in a mild climate, so we have many, many days even in the winter months when one can be outdoors.

I might mention that we do the greater part of our high altitude climbing or hiking in the summer months - because the insects only fly at those altitudes during the warm months for their area. On the other hand certain insects on the deserts will often have broods in February and March, as well as into the spring, and sometimes in September (although it is usually pretty hot then - but if there happens to be a few rainy days at the end of the summer, they will be there.)

FROM LES:

Pudge has checked off questions she (you) wanted me to comment on, so we will start with #2 in the body of your letter.

2,(From Les) I don't recall individual training efforts. Unlike the male lifters who lifted 25 pounds a lift in contests over their workout bests, she always would do more in heavy lifting workouts than she would do in contests - probably too conservative so that she wouldn't miss lifts, which she rarely did. She would probably lift 10 to 15 lbs. more when training up on a single lift in a "lifting" workout day rather than an exercise workout - but I don't remember individual effort & we kept no records.

Questions directed to Les:

1. Q. - Shows for money or for free?

Ans.- If the shows involved some preparation (multiple acts) and distance the expenses were paid and an appropriate fee - after all we had to leave gyms, or a business for a period of time. But (this was a new activity) nobody could pay large promotion amounts (exception - Sig Klein, New York, Hawaiian Weightlifters (Pudge, Eiferman, Reeves - multiple shows on a single trip), San Francisco, National Contests, etc., so the amounts viewed in today's context were relatively small!

2. Q. - How did you feel, etc.?

Ans. - She was always (& is) something special - although we didn't really realize the "pioneers" that we were. A highlight of body building in my mind was when we were about to leave for our