



**Mina Guli (above), 47**

Australian Mina was pushed into a pool at university and hurt her back so badly she was told she'd never be able to run. In 2015 she did 40 marathons in 40 days across seven continents. Not bad – especially for somebody who says she was 'never a sporty kid'.

**Nell McAndrew, 44**

The model took up running in her 20s, became hooked and once ran a marathon in under three hours. Now a mother of two, she says running helped ease her postnatal depression.

**Janet Birkmyre (right), 51**

Janet took up cycling at 37 and has been an elite British National Champion three times. 'You need to start off slowly,' she says of later-life fitness. 'It really is a case of the tortoise and the hare.'

**Elle Macpherson, 54**

The original Body, Elle was into green juices and beach workouts back when the other Supers were partying with rock stars. Little wonder she eventually became a wellness entrepreneur.

**Wendy Ida, 64**

The Californian grandmother didn't get into fitness until her early 40s. Now a top LA trainer, on her 60th birthday she set a world record by doing 37 burpees in one minute. 'I'm 64 and in the best shape of my life,' she says.

**Sophie Dahl, 40**

Once a plus-size model, 6ft Sophie has slimmed down as she's got older. She says, 'In the span of my career and travels, I have come across women with



extraordinary bodies who aren't prisoners to frugal eating and self-inflicted misery. These are women who eat sensibly... and exercise in a way they enjoy. These women are sexy.'

**Nicola Griffin, 58**

Aged 53, Nicola was queuing at a Nottingham bank when she was spotted by a scout for a company that sells grey-hair products. This led to a modelling deal and an ad in *Sports Illustrated* that went viral.

**Lorraine Kelly, 58**

The TV presenter has admitted she didn't work out until her 40s.

She's since released three fitness DVDs, and recently slammed stars whose fitness DVD covers were airbrushed, saying, 'I'm actually really annoyed about this because I literally worked my arse off.'

**Michelle Obama, 54**

Her flawless upper arms were as much part of her first lady look as her collection of sleeveless shift dresses – the result of early-morning workouts. During her time in the White House she was known for her dedication to fitness; her Let's Move! campaign raised awareness of health and wellness among schoolchildren.

**Elizabeth Hurley, 53**

The actor and swimwear designer is famous for posting pictures of herself in bikinis on Instagram looking like she's barely aged in 20 years. 'It doesn't matter really what size you are, but I think it's important to stay sort of firm and do a reasonable amount of walking and exercise,' she says.

