

Aging Youthful



aging never looked and felt so good!

www.AgingYouthful.com

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Mark Black, 55

Strongman Competitor
Blog Contributor
Mine Haul Truck Driver
Public Speaker

Mary Black, 50

Women's Mindset Coach
Blog Contributor
Group Fitness Instructor
Public Speaker

Minnesota natives Mark and Mary Black, former competitive sled dog racers, have been married for over 27 years. They raced sled dog for 22 years, 10 of which they lived 10 miles off the power grid at their remote, rustic cabin in NE MN. Upon "retirement" from sled dog racing in 2011, these former pack-a-day smokers decided to get themselves healthy and fit, quit smoking and drinking and bought the local gym. They closed it two years later to unthaw, moved to Florida for 16 months, and are now living in Fairbanks, Alaska! Both contribute to the Aging Youthful blog sharing advice on not letting age determine how to live life! "If you think you're old, you are." ~Mark Black

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