

ZOOMING

I'm One

DAVID PATCHELL-EVANS, AGE 56
FOUNDER & CEO OF GOODLIFE FITNESS,
CHAMPION ROWER, ZOOMER

► “I think you could call aging an appreciation,” says David Patchell-Evans, founder and CEO of Goodlife Fitness and a five-time Canadian rowing champion. He should know. When he was 32, he was struck with instant onset arthritis, which made him feel as if he were “an old, old person overnight.”

Now 56, he’s learned to be optimistic. “Everyday when I wake up and my body’s functioning well, I’m really thankful. So, my body’s actually way better now at 56 than it was at 33.” It was an overhaul in his diet and a change in his fitness routine from competitive exercise to rejuvenating exercise that he credits

with his current state of wellness.

Patchell-Evans writes about the experience and offers advice to others in his book, *The Real Sexy, Smart and Strong*. “The big thing I learned was it’s okay to ask for help. It’s okay not to be perfect. That’s the whole idea behind the book.”
—Kim Izzo with files from Evan Rosser

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