# 95-year-old Mary Marson inspires others with her active lifestyle



In Surrey Quays, South East London, 95-year-old Mary Marson is redefining what it means to stay active in one's later years. This sprightly great-grandmother, originally from Jamaica, attends Zumba classes three times a week at the Wavelengths leisure centre in Deptford, where she is recognised as the oldest participant.

Once a passionate athlete in her youth, Mary credits her remarkable health and longevity to a lifestyle that comprises organic food and regular physical activity. Remarkably, she reports no significant health issues aside from the occasional cold. Known as a local icon at the leisure centre, Mary’s vibrant personality and commitment to fitness serve as motivation for many in her community.

Mary's family, which includes four children, four grandchildren, and five great-grandchildren, are equally proud of her dedication to health and fitness and strive to maintain their own active lifestyles. Expressing her enthusiasm for Zumba, Mary said: "I have no problem joining in and I can do everything in the routine. I can even bend down and touch the floor! I love the music - it really gets me motivated."

Reflecting on her childhood, she reminisced about her active life, stating: "I was very sporty as a child and was always picked for the baseball and rounders teams – whether I liked it or not!" Mary attributes her good health to a combination of a positive mindset, a diet rich in organic products, and favourable genetics, explaining, "I've always been a very positive person, which also helps keep me healthy - I just cannot feel 'old'! I also grew up eating mostly organic food and have good genes – my parents also lived to be old."

Having relocated to Lewisham at 27, Mary enjoyed a career as a tailor at Simpsons in the West End before dedicating her later years to motherhood and family. She emphasised the importance of social interaction through fitness activities, noting that an active lifestyle offers more health benefits than remaining sedentary at home.

Mary encourages other seniors to confront their fears and participate in physical activities. She stated: "A lot of them may be motivated by fear. They might think, 'I can't mix with younger people'. People can make themselves ill by sitting in a chair all day, thinking they can't do things." She urges seniors to join in on activities, remarking, "They will probably become an inspiration to those younger people. They won't regret it!"

The atmosphere at Wavelengths Leisure Centre is warm and welcoming, with the staff treating Mary like family. Each year, they celebrate her birthday with balloons and cake, reinforcing the sense of community surrounding her. Topaz White, the fitness instructor responsible for the Zumba classes, described Mary as "our 'She-ro'," emphasising that her ongoing participation serves as an inspiration to all. White added, "Her continuing participation in our classes shows us all that exercise is the key to longevity of life! #BeMoreMary."

Mary Marson's story highlights not only her personal achievements but also the role of community and social engagement in maintaining health and vitality into advanced age.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=22o8kkXiR3c> - Supports the claim that Mary Marson, aged 95, actively participates in Zumba classes at Wavelengths leisure centre.
* <https://www.healthclubmanagement.co.uk/health-club-management-press-releases/Fantastic-ninety-five-year-old-takes-fitness-in-her-stride/355348> - Corroborates Mary's regular attendance of Zumba classes at Wavelengths and her role as an inspiration to others.
* <https://ground.news/article/marys-still-wowing-them-in-zumba-classes-at-94> - Provides evidence of Mary's participation in Zumba classes previously, when she was 94 years old.
* <https://ground.news/article/zumba-loving-great-grandmother-toasts-95th-birthday-with-class> - Highlights Mary's celebration of her 95th birthday by attending a Zumba class.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7641632/> - Not found in search results, but relevant studies may support the benefits of regular physical activity and social interaction for seniors.