

**Testimony of Sam Ulano
Jazz Musician and Author
New York, New York**

Most out of shape people are senior citizens. This seems to be the feeling of many people and I guess it is true. Most of us as we get older stop taking care of our bodies and thus as we approach the ages of 65 and more fail to realize this fact. I think it's understandable because as we get along in years, the body breaks down, little by little. It just happens that way.

I am approaching the age of 83 and I have been one of the fortunate ones who at the age of 40, met a gentleman who had a small gym and sort of set me straight and showed me the way to good health and a strong body.

Let me explain.

Sigmond Klien had a gym on the fourth floor of the corner building at Forty-eight Street and Seventh Avenue, in New York City. In 1960, I was forty years old, weighed 320 pounds and getting heavier by the day. I guess I ate unhealthily, did not seriously exercise and neglected my body. The old line, "you are what you eat," held true for me. I had been a professional drummer since the age of 13 and my life style was not the best.

A student of mine, Jimmy Roach, took me up to Klien's Gym and I met Mr. Sigmond Klien. He looked at me and said, you're really out of condition (he used other words, but I cleaned it up for publication). I asked Mr. Klien, "What are we going to do about it?" He shot back at me, "What do you mean, what are we going to do about it, the overweight? What are you going to do about it?" He sort of threw the ball into my court. Sigmond told me if I was to follow his plan, I would get back in great condition.

I do follow his ideas and program to this day, 42 years later, and I feel great. This experience is what has inspired me to write my book, *The Sam Ulano Body Development for Senior Citizens and The Young Who Will Eventually Become Senior Citizens*.