

Fashion After 70



Photo: Lesley Pedraza

Gila Michail, 71

Model
Los Angeles, CA

How she keeps fit and active:

"I exercise every day and eat minimally processed foods. This summer I went zip-lining for the first time and it was a thrill. I believe staying youthful is an effort for both the mind and body. I do a five minute meditation each morning. Playing with my grandkids is also an excellent way to stay fit!"