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OLDEST LADY

For Mrs. Viola Paltrinieri of Bologna, longevity is just a question of proper gymnastics.

She is 101 years old, yet looks like 90 years, due to her method carried out since she was 75. Every morning as soon as get up, she sits down in a corner of her sitting room and begins working.

Then she does gymnastic according to her own judgement, that is gymnastics of arms, neck, hand and legs.... at the residence of her... caged sparrow!

24 meters