

Dad's Exercises



In his early forties José discovered the **Royal Canadian Air Force Exercise Plans** and did them faithfully every day for many years. We could all feel the house shaking each morning before breakfast as he jogged in place, stretched, and completed sit-ups, push-ups, and back extensions while still wearing his pajamas. His dedication to the program and delight in participating, especially when he had an audience, inspired and entertained us all.