

5/77

# Leisure Worlder

of the Month

## BONNIE COOK

Bonnie Cook is a sparkling bundle of beauty and lissomeness . . . the darling of Channel 6 television to the many viewers who follow her programs of exercise, health and fitness. She also writes the Orange County News for the station and is the popular Weather Lady.

on the air every day, starting at 8:30 A.M., she assists with the news and does a segment devoted to health which features reports on medical findings where she shares tid-bits of knowledge with viewers.

But it is her 15-minute "Fitness After 50" program that really endears her to Leisure World residents. The program is intended to get people up and moving, to use their bodies, get the blood flowing and the muscles moving. Nothing is geared too strenuously and yet strenuous enough to accomplish a feeling of well being at the end of the show.

Born in Michigan, Bonnie Cook has spent most of her life in California. She worked her way through two years at Cal. Poly, Pomona with a job at Disneyland, where among hundreds of applicants she was chosen as Disney's Ambassador to the World, representing the organization on radio, TV and with personal appearances all over the globe for a period of one year.

this she returned to California to finish her schooling. She was married two years ago and graduated from the Communications Department of Cal. State Fullerton less than a year ago.

What does she think of exercise? "People who are physically fit, who exercise and take care of themselves, look younger and live happier and more enjoyable lives."

Working with mature adults at Leisure World has opened up new vistas for Bonnie. "Providing something that benefits older people is so rewarding," she says. "How often does one have a chance to do this in a lifetime?"

Rossmoor Corporation is proud to honor this outstanding young lady as Leisure Worlder of the Month.