

《河南50岁阿姨坚持锻炼20年，身材完爆少女》

导读:来自河南的叶女士今年50多岁了，但她还像20多岁的少女一般拥有无暇的肌肤和健美的身材，她说锻炼是她永葆青春的秘密。



With her flawless skin, wrinkle-free complexion and super-toned body, 50-year-old Ye Wen from China looks decades younger.

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The mother-of-one from China's Henan province puts her youthful looks down to her fitness regime after picking up swimming at the age of 30, reports the People's Daily Online.

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After pictures of Ye's incredible figure become viral online, web users are surprised to find out that she is actually 50-years-old.

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Impressive: The mother of an adult son says she took up swimming when she was 30 and enjoyed the sport

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Working out in the gym: The woman says she swims every day and visits the gym two to three times a week

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The woman, who has a son, said she started swimming when she was 30 and became interested in keeping fit.

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She took her hobby one step further in March, swimming across the straits of Malacca, according to the report.

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And she is also hoping to swim the Han River in South Korea.

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Ye said she trains daily at her local swimming pool and keeps toned by heading to the gym two to three times a week for two hours.

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Nice work! The woman posted pictures to her Instagram account showing off her incredible figure

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Work paid off: 50-year-old Ye Wen exercises every day and claims it has helped keep her young

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Pictures posted online show her working out in the gym and flaunting her toned body on the beach.

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Her hope is that she will be able to keep wearing a bikini even when she is 80.

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People have been discussing the woman's age online.

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On China's Twitter-like Weibo, she has had more than three million mentions.

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One user wrote: 'I want a good body but I do not want to exercise!'

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While another commented: '50-year-old woman with a 20 year-old body and full of positive energy'.

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And one user said: 'Really beautiful. I admire her perseverance'.

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Keeping fit: Ye says she goes to the gym two to three times a week and trains for two hours

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